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Tori was 'delightful contradiction'

She was a creative, fiery girlie-girl; a pint-sized tiger who hopped, ran and bounced instead of walking.

Victoria (Tori) Stafford was a small child, about 4-foot-5 and 62 pounds, with cropped blonde hair framing an elfin face and a button nose. In photos she is always smiling, often with her head cocked slightly to the side. A playful, challenging gaze.

Victoria Stafford

Brenda Fitzmaurice, Tori's former neighbour and a family friend, described Tori as a delightful contradiction: A girlie-girl who loved dresses and the colour purple, but had a quick tongue and a tomboy streak. Tori and her brother, Daryn, 11, were always together, she said, and often rode their bikes to the creek to look for tadpoles and turtles.

TORSTAR NEWS SERVICE

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Toronto and Canada. This is also a Call to Action for you to send us your suggestions at torontoletters@metronews.ca, metronews.ca or on Twitter @metrotoronto.

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- Today
- **Andrea Woo on relationships, page 14**
- **Economic optimism, page 8**

RICK MADONIK/TORSTAR NEWS SERVICE
Michael Thomas C.S. Rafferty, 28, one of two people charged with the disappearance of Victoria Stafford, is led away from the Woodstock courthouse yesterday.

Tragic ending

Two people facing charges in Tori Stafford's disappearance

After six weeks of restless nights and days consumed by the search for his "baby girl," tears streamed down Rodney Stafford's face as police announced yesterday that the effort to bring eight-year-old Victoria home safely had become a grim search for her body in a rural area outside of Guelph.

Stafford stared at the TV in his sister Randi Millen's home, almost in disbelief that tireless efforts to keep Victoria's disappearance in the news had come to such a tragic end — abduction and murder charges laid against two people.

Court documents suggest that even before the searches and candlelight vigils, and before her smiling face was beamed into homes nationwide, the Grade 3 student, known as Tori to friends and family, was already dead.

Emotions were raw at the courthouse where Michael Thomas C.S. Rafferty, 28, was arraigned on a first-degree murder charge and abducting a child under 16.

Also arraigned before the court was Terri-Lynne McClintic, 18, who is charged with abduction, and being an accessory for allegedly helping Rafferty elude authorities. Rafferty and McClintic next appear in court May 28.

The charge sheet alleges the girl was killed on or around April 8, the day she went missing outside her school.

THE CANADIAN PRESS

DAVE CHIDLEY/THE CANADIAN PRESS
Rodney Stafford is overcome with emotion.

Mystery how suspects got involved with each other

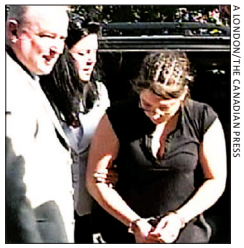
He was a clean-cut loner with a penchant for meeting young women through an Internet dating site. Known to drive too fast around town, he always ordered tea at Tim Hortons.

Michael Rafferty

While Michael Thomas C.S. Rafferty graduated from Richmond Hill's Alexander MacKenzie High School in 1998, it's not known when he moved to Woodstock, where he was charged Tuesday with the murder of eight-year-old Victoria (Tori) Stafford.

On his MySpace page, Rafferty listed his interests as dancing, music, camping, movies, girls ... "and all that mushy stuff that couples do."

The 28-year-old, who said last year he was working in construction landscaping, wrote of himself: "I'm full of romance and love and I wear my heart on my sleve! (sic) I am a hopeless romantic ... but can also stand my ground."


A LONDON/THE CANADIAN PRESS
Terri-Lynne McClintic is escorted into the Woodstock courtroom yesterday.

The other suspect in Tori's abduction, 18-year-old Terri-Lynne McClintic, has a colourful past.

Terri-Lynne McClintic

Her mother was a stripper; her adopted father a long-distance trucker who last saw his daughter when she was about six years old.

Terri-Lynne moved back to Woodstock three years ago with her mother, Carol, according to her 70-year-old grandmother, Nancy McClintic, and her adopted father, Rob McClintic.

How she got involved with Rafferty is a mystery to both — as is much of her life.

Even though Terri-Lynne had moved back to Woodstock, her grandmother, a two-time breast cancer survivor, had not heard from her. Neither father nor grandmother has seen Terri-Lynne for years.

TORSTAR NEWS SERVICE

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Toronto man facing child porn charges
A 28-year-old Toronto man has been charged with child pornography and bestiality offences stemming from an alleged relationship with a teen girl that started at the website vampirefreaks.com. Derek Campbell is charged with possession of child pornography and various other charges. TORSTAR NEWS SERVICE

Local

Price at the pumps doesn't mesh: MP

The morning commute was off to an unpleasant start yesterday as gas prices jumped an average of 3.4 cents to 97.7 cents a litre across the GTA overnight — the highest it has been in about six months. And according to Liberal MP and veteran gas price watcher Dan McTeague, left, it is unlikely to drop before autumn. The last time prices were like this, he said, crude was selling for $100 a barrel. It is currently around $59. He claims stations should be charging about 75 cents a litre. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Soundcheck
Alan Cross brings you ongoing news from today's music world

metronews.ca

WHAT'S ONLINE TODAY

Video Accused murderer in Tori Stafford case draws a crowd outside courthouse at **metronews.ca/canada**

Video Michael Ignatieff fires back at Conservative attack ads at **metronews.ca/canada**

Blogs Style columnist Kenya Hunt tips readers off to a "spectacular" interview with French Vogue editor Carine Roitfeld

Lotteries

Lotto 6/49: 4, 22, 26, 29, 39 & 48. Bonus 31
Ontario 49: 7, 21, 23, 25, 29, & 48. Bonus 35
Ontario Pick 3: 5 7 4; **Ontario Pick 4:** 9 9 6 3
Encore: 3479483
Daily Keno: 2, 4, 9, 11, 18, 22, 24, 25, 26, 28, 33, 37, 45, 46, 50, 55, 56, 60, 64, 65.
These results are not official.

Please recycle

Breaking up is hard to do

GM to end relationships with 245 dealerships across Canada

General Motors of Canada has told about two in every five of its dealers that their relationships with the automaker will end by October 2010.

Many are expected to close this year, in a retail pullback affecting as many as 10,000 jobs.

GM sent emails yesterday to about 245 of its 709 Canadian dealerships, and ongoing consolidation is expected to increase the number of shuttered locations further by the end of 2010.

Spokesman Stew Low said the automaker would not publicly identify dealers facing the axe, but he said they are primarily in large cities.

GM has five-year sales and service agreements with its dealers which all expire in October 2010, but "a good portion of the dealers will be wound up by the end of this year," Low said.

NATHAN DENETTE/THE CANADIAN PRESS

Chevrolet cars are offering huge sales at General Motors dealerships across Toronto.

Canadian Auto Workers union

- The CAW said yesterday negotiations with GM Canada were continuing with no indication of when they might conclude.

The announcement followed termination notifications to 1,100 U.S. dealers last week and comes as it continues talks to take concessions from its Canadian unionized workforce. THE CANADIAN PRESS

News in brief

STABBING A 27-year-old woman is dead after being stabbed by her brother near Dundas Street East and Broadview Avenue yesterday. Police received a call at around 11:30 a.m. to a townhouse complex on Munro Street where the man, in his early 20s, stabbed his sister and then turned the knife on himself. He is in serious condition.

SIU The province's Special Investigations Unit has been called in after a man hurt his ankle during what started as a car chase through the west end. The man fractured his ankle when he fled on foot following a short police chase. The SIU is called in when a civilian is injured in a chase. TORSTAR NEWS SERVICE

Reusable grocery bags pose risk?

BAGS The growing popularity of reusable grocery bags could represent a health risk to Canadians by increasing their exposure to dangerous bacteria, says a study commissioned by the plastics industry released yesterday.

The Canadian Plastics Industry Association hired two independent labs to conduct what it said was the first study of so-called eco-friendly grocery bags in North America, and found 64 per cent of them were contaminated with some level of bacteria.

Forty per cent of the reusable bags tested had yeast or mould, and some had detectable levels of coliforms and fecal intestinal bacteria when there should have been none, said Dr. Richard Summerbell, who was commissioned to evaluate the lab findings.

The problem is similar to a situation where bacteria can be transferred from kitchen countertops and cutting boards to foods, and the more waterproof the reusable bag is, the more likely it is to become a breeding ground for bacteria, Summerbell said.

"The main actual hazard involved is if there's a little bit of spillage in there from some meat or some eggs, then food-poisoning organisms could be transferred over to other food."

The World Wildlife Fund, which worked with grocery chains to convince retailers to charge five cents for each plastic bag to discourage use, said the concerns raised in the study could be addressed by washing the reusable bags. THE CANADIAN PRESS

Halton taxis may appear closer to cops

TRAFFIC Was that a taxi or a police car?

That's what motorists in parts of Halton Region have been asking for the past year.

Halton police say that they've been putting taxi-style lights atop some of their unmarked cars to nab speeders and aggressive drivers in Milton and Halton Hills.

But Insp. Bill Ford said the program, although highly successful, was scuttled three weeks ago because some folks thought it gave police an unfair advantage to catch people breaking the law.

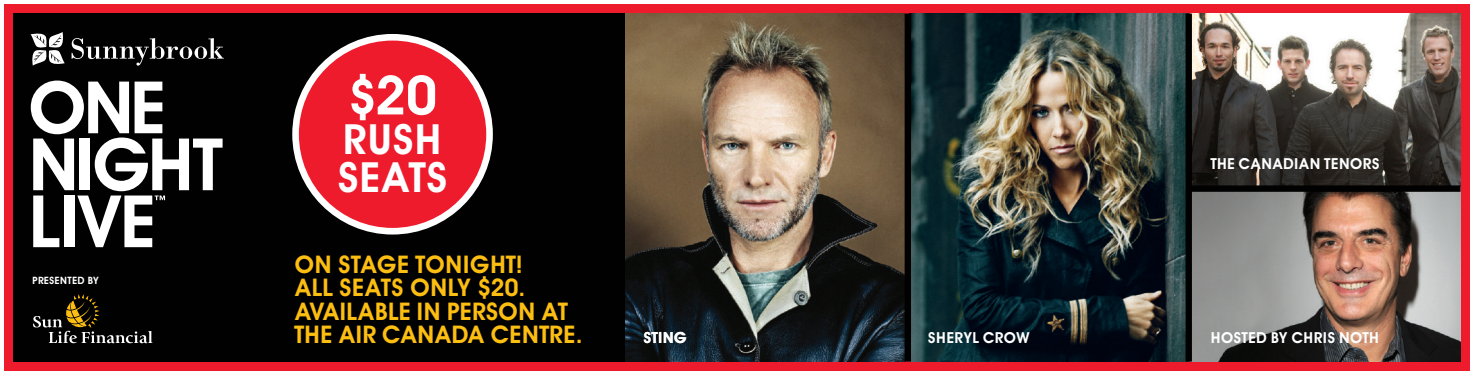
"Our goal here in Halton Region is to reduce the number of deaths caused by aggressive driving and motor vehicle accidents," Ford said. "But we're not about catching people committing traffic offences at any cost."

Ford said there was just a single complaint from the public about the trial project, which was suggested by traffic officers who thought the lights would help police vehicles blend in more than unmarked cars alone.

He said part of the strategy was that motorists might start slowing down any time they saw a taxi, thinking it might just be a cop car. TORSTAR NEWS SERVICE

Speeders

- Ford said the three lights were used only for traffic enforcement, not undercover operations. He said police would still use unmarked cars equipped with radar to nab speeders.



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Early blast of summer
The mercury is expected to surge to 29 C in parts of the GTA today. The average temperature for late May usually toddles up to about 21 C. TORSTAR NEWS SERVICE

Iggy fights back

Liberal leader blasts Tory attack campaign

Liberal Leader Michael Ignatieff has taken to the airwaves — on YouTube — to blast the Conservatives for their latest wave of attack ads.

His brief address, running less than two minutes on YouTube, comes a day after a Conservative MP in British Columbia, Cathy McLeod, was quoted in a Kamloops paper speaking out against her party's negative ads.

"Unfortunately, it seems the tactics have success or otherwise they wouldn't do this — but again, do I like it? No," McLeod told Kamloops This Week. "I'm responsible for how I conduct myself and I haven't been able to change the world."

The Conservatives last week unveiled six ads questioning Ignatieff's commitment to Canada because of the decades he spent working abroad — arguing that he's "just visiting."

In the YouTube video that started cropping up on Internet sites yesterday, Ignatieff describes the ads as "spite and spin" and says that by attacking him for living out of the country, the Conservatives have also attacked other Canadians who were born or lived abroad. TORSTAR NEWS SERVICE

Liberal Leader Michael Ignatieff, MP for Etobicoke-Lakeshore, has initiated his own campaign to battle Conservative attack ads.

On the web
- Watch the video at metronews.ca/canada

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EX model shown. *Forte LX MT is $15,695.
mykiaforte.ca

Baby Kaylee's father back in court

Jason Wallace, the father of potential heart transplant donor Kaylee Vitelli, made a brief appearance in a Toronto court yesterday. Wallace, along with Kenneth Lowry and Nicholas Zock, faces charges of aggravated assault and robbery related to a 2006 incident at a Toronto nightclub. TORSTAR NEWS SERVICE

View from behind the bars

Old Don Jail one attraction of Doors Open Toronto

Visitors will be able to follow in the footsteps of some of Canada's most notorious criminals this weekend.

Starting Saturday with Doors Open Toronto and continuing all summer, guests will have the chance for an exclusive look inside the 145-year-old old Don Jail complex that closed in 1977, from the narrow cells and corridors to the hair-raising path to the gallows.

Chris MacKechnie, a spokesperson for Slingshot Inc., the company promoting the tours, said visitors will be impressed with the building's "commanding architecture."

The jail, opened in 1864 and once dubbed the "Palace for Prisoners," saw at least 34 hangings between the late 1860s and 1962. That ended with the double execution of convicted murderers Arthur Lucas and Ronald Turpin — the last to suffer that fate in Canada.

TORSTAR NEWS SERVICE

Historic interpretation

- The summer of tours precedes a major overhaul that will turn the old Don Jail into an administrative wing during redevelopment of the neighbouring Bridgepoint Hospital. Under the hospital's plans, the rotunda eventually will be publicly accessible, with a few of the old jail cells in the basement retained for "historic interpretation."

Pizza Nova **Dough for kids**

Pizza Nova's That's Amore Pizza for Kids fundraiser recently raised the largest amount of dough ever in its 10-year history. More than 100 Pizza Nova locations across southern Ontario participated in the event on May 12, raising $109,061 to benefit Variety — The Children's Charity. Back row, left, Domenic Primucci, executive vice-president of Pizza Nova; middle, Sam Primucci, president of Pizza Nova; second from right, John Wilson, Variety Village CEO; and, right, Mike Primucci pose with Variety Village athletes.

PC hopefuls battle over human rights

POLITICS Progressive Conservative leadership contender Christine Elliott attacked rival Tim Hudak yesterday over a proposal to scrap the Human Rights Tribunal of Ontario, warning it will poison the party's chances of forming the next government.

Christine Elliott

In a speech, she twice singled out Hudak for his support of the proposal, raising the spectre of another disastrous campaign sunk by an unpopular issue.

"Are we really serious about wanting to win the next election? I know I am," Elliott said during an all-candidates talk to the Canadian and Empire clubs.

"If we take the position that Tim is advocating, it would be a gift to the Liberals — one which they would exploit as ruthlessly as they did with faith-based funding."

Her remarks seemed to be aimed at weakening Hudak's support among party members, who are still licking their wounds from the 2007 election defeat.

The election campaign was dominated by the Conservatives' ill-fated proposal to extend public funding to faith-based schools — a promise former leader John Tory made in the 2004 leadership race.

But the policy tanked with voters three years later, leading the Tories to one of their worst showings ever.

Hudak was reluctant to respond in kind, saying he'll abide by former U.S. president Ronald Regan's 11th commandment: Thou shalt not speak ill of another Conservative.

THE CANADIAN PRESS

More flu cases confirmed

Flu **Outbreak**

ILLNESS Ontario is confirming 85 new cases of influenza A (H1N1), also known as swine flu, bringing the total number of cases in the province to 272.

Health officials say all the cases reported to date, with the exception of two, are considered mild.

Toronto reported 37 new cases, Peel Region had 18, and York Region had 11.

In all, 138 males and 130 females in Ontario have contracted the virus, with information still pending from four other cases.

In other news, a Toronto toddler is the latest person to be diagnosed in Cuba with swine flu. The official Granma newspaper says the unidentified 14-month-old was hospitalized after exhibiting fever and respiratory symptoms following his arrival from Toronto with his parents.

THE CANADIAN PRESS

Bow hunting, not my forte. But that is.
The new Kia Forte. Starting at $15,695.*
KIA MOTORS
The Power to Surprise™
mykiaforte.ca
SX model shown. *Forte LX MT is $15,695.

Doubts over radiologist's competency prompts review of exams

The Saskatchewan government is reviewing 70,000 patient exams over concerns about a radiologist's competency. The review covers people who had X-rays, CT scans, mammography or ultrasound tests at the Yorkton Regional Health Centre over the last five years. THE CANADIAN PRESS

Canada

Strike by N.L. nurses averted

Nurses in Newfoundland and Labrador struck a tentative agreement with the provincial government early yesterday, hours before a planned work stoppage threatened to curtail health-care services across the province. "Overwhelming relief," said Debbie Forward, left, president of the Newfoundland and Labrador Nurses' Union, during a news conference after the settlement was reached. THE CANADIAN PRESS

Economic optimism returning

SunnySide

The hair-raising plunge in the world and Canadian economies this winter is showing signs of levelling off as new evidence emerged yesterday pointing to improving conditions.

Economic growth is still months away, say economists, but with each "less bad" indicator that is posted, fear of continued free-fall is being replaced by cautious optimism.

"The way the financial markets are going, I think it's quite possible we'll see a recovery sooner than the end of the year," said Bank of Montreal deputy chief economist Douglas Porter.

Yesterday saw a number of reasons to support a growing consensus that sees global economies preparing to come out of the nightmare of the past few months.

Canada's inflation rate fell to a near 15-year low of 0.4 per cent in April, a clear signal of economic weakness, but because the plunge was due to a single factor — lower gasoline prices compared to last year — the steep drop was not worrisome.

Also, the country's leading indicator of future economic activity rose 0.5 per cent last month over March, the first sign of life in eight months.

And as significant, a survey of 220 fund managers by Bank of America-Merrill Lynch showed the bulls are waking from their slumber, with 57 per cent of managers forecasting a stronger global economy in the next 12 months.

THE CANADIAN PRESS

Inflation and deflation

- CIBC economist Krishen Rangasamy says the numbers indicate that Canada does not have an inflation problem, nor does it need to fear deflation as government and central bank stimulus is likely to push prices higher later in the year.

FRED CHARTRAND/THE CANADIAN PRESS

An unidentified employee of Atomic Energy Canada Ltd. stands in the plant's control room in Chalk River, Ont., in this file photo.

Supplier hikes isotope costs

HEALTH Clinics are paying two to three times more for medical isotopes after a supplier abruptly hiked its prices this month — just before the Chalk River reactor shut down and caused an isotope shortage.

Doctors fear the higher costs may force some clinics to delay tests used to detect cancer and heart ailments, lay off staff or even shut down.

Lantheus Medical Imaging notified its customers last week of the price increase.

The increase comes as Atomic Energy Canada Ltd. shut down the aging nuclear reactor in Chalk River, Ont., that provides up to half the global supply of isotopes used in medical imaging.

THE CANADIAN PRESS

News in brief

DISCRIMINATION University of British Columbia Prof. Philip Oreopoulos says his study suggests that employers discriminate against people with foreign names, even if they have the same education and experience as those with English names.

CRIME A Winnipeg man found guilty of shooting two constables has failed to persuade a judge his conviction should be quashed because police used excessive force.

HOMICIDE West Vancouver police say they're dealing with a homicide after the body of a woman in her 40s was found by a hiker early Tuesday morning in a rugged waterfront park. THE CANADIAN PRESS

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Westway Plaza
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MISSISSAUGA
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920 Southdown Rd. Bldg. H, Unit 7
2116 Burnhamthorpe Rd. W
Sandalwood Square
6085 Creditview Rd.
NEWMARKET
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NORTH YORK
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285 Taunton Rd.
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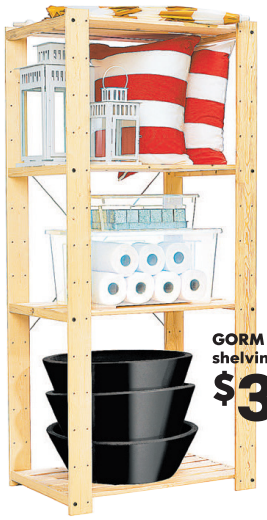

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GORM shelving unit $39

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Passport applications disappear

More than one month after they were filed in Kelowna, B.C., at least 50 Canadian passport applications have disappeared. Passport Canada officials have advised affected applicants to check their bank accounts and keep a close watch for any potential identity theft. THE CANADIAN PRESS

Halifax **Just one show? Pity**

ANDREW VAUGHAN/THE CANADIAN PRESS

Halifax Mayor Peter Kelly addresses a news conference yesterday to announce that former Beatle Paul McCartney will perform his only Canadian show in Halifax July 11.

Harper talks two-state solution with Israel

PEACE TALKS Prime Minister Stephen Harper spoke with Benjamin Netanyahu yesterday about the Israeli leader's visit to Washington and the prospects for Middle East peace negotiations.

A Harper spokesman said Canada will continue to encourage a two-state solution with all the parties involved in the peace process — a concept a Netanyahu aide called "childish and stupid."

The aide spoke to reporters on the plane carrying Netanyahu home from talks in Washington — which did not go well.

During his visit to the U.S. capital, Netanyahu avoided committing to the idea of a Palestinian state.

Instead, he said the key to solving the Israeli-Palestinian conflict is to halt Iran's nuclear program.

THE CANADIAN PRESS

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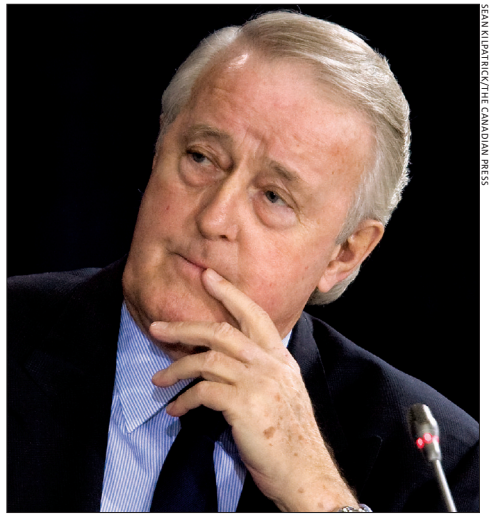


SEAN KILPATRICK/THE CANADIAN PRESS

Former prime minister Brian Mulroney listens to a question from Karlheinz Schreiber's lawyer Richard Auger at the Oliphant Commission in Ottawa, yesterday. The commission is investigating the business dealings between Schreiber and Mulroney.

Mulroney's bills? On you

Taxpayers on hook for $2M legal fees

Taxpayers are on the hook for $2 million of Brian Mulroney's legal costs at the inquiry into his dealings with Karlheinz Schreiber.

That's in addition to the $14 million or more that the commission of inquiry is expected to cost.

Until now, it's been reported Mulroney was paying his own legal tab — an impression neither he nor his legal and public-relations team have done anything to correct.

The reports were based on the fact the former prime minister did not apply for public funding through the commission, headed by Justice Jeffrey Oliphant.

Fred Doucet — lobbyist and former aide to Mulroney — is the only participant in the inquiry who has asked for and been granted commission funding to help cover his legal fees.

However, former officer holders need not apply through the commission. Their legal costs are instead picked up by the Privy Council Office under a separate Treasury Board policy on legal assistance and indemnification.

Oliphant hearing

- The $75,000 in cash Brian Mulroney stashed in a New York safe deposit box was eventually distributed to family members, mostly his children, in the United States.
- He told a public inquiry he started removing money in December 2000, but said he can't remember details of the withdrawals.
- Mulroney was on the stand for a sixth day of questioning at the inquiry looking at his dealings with German-Canadian businessman Karlheinz Schreiber. Schreiber gave Mulroney at least $225,000 in cash in 1993-94 and $75,000 of that was left in the New York bank box for six years.

PCO spokeswoman Myriam Massabki said $800,000 was "funded internally within the Privy Council Office's existing reference levels to cover Mr. Mulroney's legal costs for the fiscal year 2008-2009."

And another $1.25 million has been set aside to pay Mulroney's legal costs during the current year, she added.

THE CANADIAN PRESS

Tories trim helicopter order

MILITARY The Defence Department wants to trim its order for new battlefield helicopters as it struggles to keep the $4.7-billion program within budget.

Federal officials have asked U.S. aircraft giant Boeing whether the order for 16 heavy-lift CH-47F Chinooks can be cut to 14, say defence sources.

The top-of-the-line Chinooks were initially promised in 2006 by the Conservative government. But the project is years behind schedule. THE CANADIAN PRESS

Man sentenced in deadly arson
A Manitoba man who pleaded guilty to manslaughter in an arson that killed a 14-year-old boy has been sentenced to eight years in prison. Riel Mitchell, 27, pleaded guilty to the charge last Friday. THE CANADIAN PRESS

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Federal Minister of International Cooperation Bev Oda announces changes to Canada's humanitarian strategy.

CIDA to try a different aid strategy

The Canadian International Development Agency unveiled a new strategy for humanitarian assistance yesterday that involves trying to do more for the world by doing a little less.

"Being too diffused and thinly spread out without the needed critical mass, our money had little impact," International Cooperation Minister Bev Oda said in a speech at the Munk Centre for International Studies at the University of Toronto.

CIDA will now focus its multilateral program funding — which accounts for about 47 per cent of its annual aid budget — on three core themes: Food security, economic growth and the future of children and youth.

CIDA spent $2.8 billion on development aid in fiscal 2005-06, which accounted for 78 per cent of what the federal government spent on international aid that year.

The agency had been billing the speech yesterday as one that would further outline a major overhaul in the way the government doles out international aid.

CIDA already announced in February it would now send 80 per cent of its bilateral funding — which makes up the remaining 53 per cent of its budget — to a list of 20 countries and regions that reveal a shift in focus to the Americas.

The agency will still deliver humanitarian assistance to help developing countries deal with disasters like floods and famines, but Oda said the narrowing of focus for longer-term funding represents a way of providing foreign aid that avoids fads and strives for lasting results.

The new approach is unlikely to cause any major changes in the way Canada deals with the two countries that receive the bulk of its international aid: Afghanistan and Haiti.

In fiscal 2006-07, CIDA directed $178.9 million in aid to Afghanistan and $92.5 million to Haiti.

New Democrat foreign affairs critic Paul Dewar expressed concern the focus is too narrowed.

"It further shrinks Canada's reach in the world when it comes to development and for me it is regressive," Dewar said.

TORSTAR NEWS SERVICE

News in brief

CRIME Police will be allowed to fingerprint people who haven't even been charged under changes proposed to the Criminal Code today by the Conservative government. In Vancouver to announce the amendments, Trade Minister Stockwell Day says only those accused of serious, indictable offences would be fingerprinted and photographed before charges are laid. Day says that will allow for a faster charge process, and if the person isn't eventually charged they would have the right to ask that the pictures and prints be destroyed. The amendments would also allow police to get search and seizure warrants 24 hours a day.

FLU The International Civil Aviation Organization is urging its 190 member states not to disrupt air travel despite the outbreak of Influenza A (H1N1), also known as swine flu. Many of ICAO's members rely on tourism and the organization says it wants to avoid unnecessary interference with international traffic. THE CANADIAN PRESS

Verdict eagerly anticipated

WAR CRIMES The Rwandan man at the centre of a landmark Canadian war crimes trial will learn tomorrow whether he's become the first person convicted under Canada's Crimes Against Humanity and War Crimes Act.

Desire Munyaneza, a 42-year-old father of two and failed refugee claimant, is facing seven charges related to genocide, crimes against humanity and war crimes for his alleged role in massacres and rapes near Butare, Rwanda.

Munyaneza

The incidents allegedly took place during Rwanda's 1994 genocide, during which close to 800,000 minority Tutsis and moderate Hutus were murdered.

Quebec Superior Court Justice Andre Denis will render his verdict tomorrow. The judge heard testimony from more than 60 witnesses over two years. Testimony was often conducted behind closed doors because witnesses feared reprisal at home.

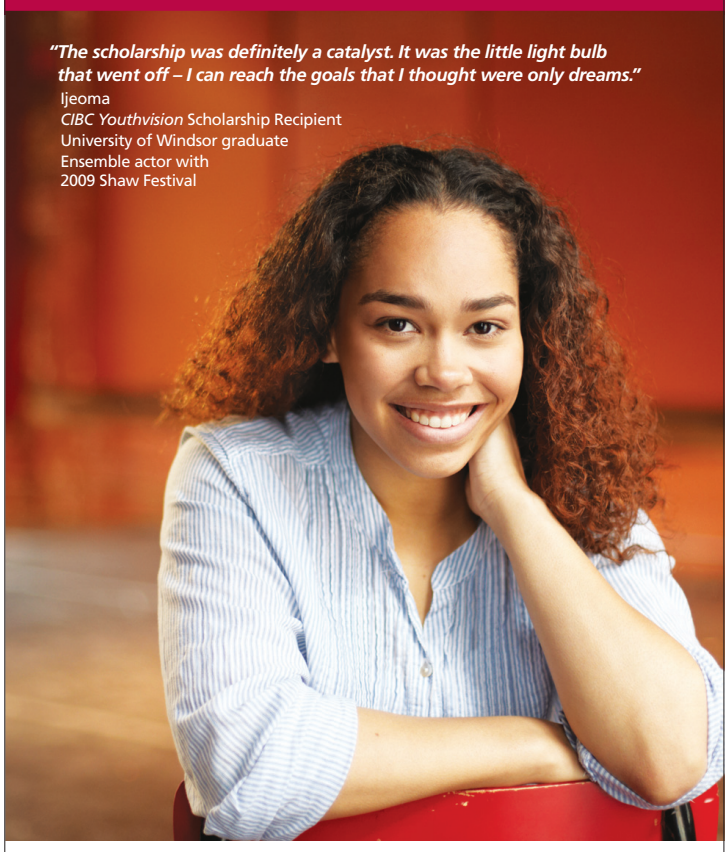
If convicted, Munyaneza could face life imprisonment in a Canadian jail.

THE CANADIAN PRESS

Court to rule on Afghan detainees

RIGHTS Canada's top court is set to decide whether it will hear arguments that prisoners of Canadian troops in Afghanistan should be protected by the Charter of Rights. Amnesty International and the British Columbia Civil Liberties Association say the charter should follow soldiers overseas. The Supreme Court will rule today on whether to hear the issue. THE CANADIAN PRESS

Ten years ago we set out to change lives and build futures.



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CIBC Youthvision Scholarship Recipient
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Pakistan army takes control of town from Taliban
Pakistan's army says troops have killed 80 Taliban militants and taken control of Sultanwas, a key town in the Buner region near the Swat Valley. THE ASSOCIATED PRESS

World

Hurdle for Obama

Senate bars Gitmo detainees' transfer to U.S.

In a major rebuke to President Barack Obama, the U.S. Senate voted overwhelmingly yesterday to block the transfer of Guantanamo detainees to the United States and denied the administration the millions it sought to close the prison.

The 90-6 vote — paired with similar action in the House of Representatives last week — was a clear sign to Obama that he faces a tough fight getting the Democratic-controlled Congress to agree with his plans to shut down the detention centre and move the 240 detainees.

CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama talks to reporters yesterday at the White House.

The prisoners include 22-year-old Canadian Omar Khadr, who has been held since October 2002.

Last month, Obama asked for $80 million for the Pentagon and the Justice Department to close the facility at Guantanamo Bay, Cuba, by January.

Obama is scheduled to give a major address today outlining in more detail his plans for Guantanamo, but it's already clear Congress has little appetite for bringing detainees to U.S. soil, even if the inmates would be held in maximum-security prisons.

THE ASSOCIATED PRESS

Iran tests missile with longer range

MESSAGE Iran test-fired a new missile yesterday it claimed had a range capable of reaching Israel and U.S. bases in the Middle East. Analysts said the launch was likely intended for domestic consumption ahead of the June 12 presidential elections and not as a message to the U.S.

Iran said the solid-fuel Sajjil-2 surface-to-surface missile has a range of about 2,000 kilometres. Such missiles are more accurate than liquid fuel missiles of similar range, such as Iran's Shahab-3.

THE ASSOCIATED PRESS

Got milk? Crying over low prices

MICHEL EULER/THE ASSOCIATED PRESS

Angry milk producers throw trash yesterday at the headquarters of major food maker Groupe Danone SA in Paris. France's milk producers launched countrywide protests against low prices and to demand government help.

News in brief

CLIMATE EU Commission president Jose Manuel Barroso says China will join in seeking a global climate change pact this year to curb greenhouse gas emissions. Barroso says both Europe and China also saw "mutual interest to address imbalances" in China's massive trade surplus with the 27-member bloc.

IRAQ A study prepared by an Iraqi government agency says 23 per cent of the population is living below the poverty line. Central Statistics Authority spokesman Abdul-Zahra Hendawi said the three self-ruled Kurdish provinces in the north had the lowest poverty rates. He quoted the study as blaming failing infrastructure, corruption and high unemployment for the spread of poverty, which was defined as living on $2.50 or less per person, per day. THE ASSOCIATED PRESS

Old Irish Catholic schools abused thousands, study says

IRELAND A fiercely debated, nine-year investigation into Ireland's Roman Catholic-run institutions says priests and nuns terrorized thousands of boys and girls in workhouse-style schools for decades — and government inspectors failed to stop the chronic beatings, rapes and humiliation.

More than 30,000 children deemed to be petty thieves, truants or from dysfunctional families were sent to Ireland's austere network of industrial schools, reformatories, orphanages and hostels from the 1930s until the last church-run facilities shut in the 1990s.

The report found that molestation and rape were "endemic" in boys' facilities, chiefly run by the Christian Brothers order, and supervisors pursued policies that increased the danger. Girls supervised by orders of nuns, chiefly the Sisters of Mercy, suffered much less sexual abuse but frequent assaults and humiliation designed to make them feel worthless.

THE ASSOCIATED PRESS

Report

- The 2,600-page report of Ireland's Commission to Inquire Into Child Abuse, unveiled yesterday, is based on testimony from thousands of former students and officials from more than 250 church-run institutions.

Yoga pioneer Krishna Pattabhi Jois dies

Krishna Pattabhi Jois, a yoga teacher famous for popularizing Ashtanga yoga in the West, has died. He was 93. THE ASSOCIATED PRESS

'Teen birth' shock video gets 250,000 hits online

A gory video meant to shock teenagers into avoiding pregnancy by showing a girl giving birth on a school field while ogling children taunt her is capturing plenty of attention from web users.

Public health officials in the British city of Leicester, 160 kilometres north of London, produced the video and posted it online.

Organizers said yesterday that the video, filmed to look as if it were shot on another student's cellphone, had received more than 250,000 hits.

The video shows a girl in a school uniform screaming in agony while jeering children jostle for a close look, while another girl trying to fend them off is helping deliver the baby.

The video ends with the caption: "Not what you expected? Being a teenage parent might not be either." Public health officials in Leicester said local students were picked to act in the video and a focus group of students offered suggestions on how to make it.

Overall, Britain's teen-pregnancy rates are among the highest in Europe and one recent report indicated they are on the rise.

THE ASSOCIATED PRESS

Leicester City

- There are about 50 conceptions per 1,000 girls between the ages of 15 and 17 in Leicester City, eight more than the country's average.
- Leicester teen pregnancy campaign: http://hey-babe.co.uk/

Groups urge access to war zone

SRI LANKA Aid groups and the United Nations appealed yesterday to be allowed to survey the aftermath of the final battle of Sri Lanka's civil war and pushed for unfettered access to some 280,000 Tamils displaced from the former combat zone.

UN Secretary General Ban Ki-moon pressed for UN access to the war zone when he met Sri Lanka's health minister in Geneva.

While the country celebrated the crushing of the 25-year Tamil insurgency, the army clashed with two squads of rebel fighters in the east of the country, an area under the government's control for more than two years. The military said all eight insurgents were killed as they were preparing ambushes.

Soldiers in the capital remained vigilant; the government feared sleeper cells might seek revenge for the death of rebel leader Velupillai Prabhakaran.

In the capital, Sri Lankans commemorated the victory with a national holiday.

The mood was sombre in Colombo's Tamil neighbourhoods, where most people stayed indoors.

THE ASSOCIATED PRESS

ERANGA JAYAWARDENA/THE ASSOCIATED PRESS

Sri Lankans wave their national flag yesterday as they celebrate the military victory over Tamil Tigers in Colombo, Sri Lanka.

News in brief

CRASH An Indonesian C-130 Hercules military plane carrying troops and their families caught fire and nose-dived into a residential neighbourhood yesterday, killing 98 people, including two on the ground. Survivors said they heard at least two loud explosions and felt the C-130 wobbling from left to right as it careened to the ground. It slammed into a row of houses.

THE ASSOCIATED PRESS

Son, mom flee after refusing chemotherapy treatment

CANCER Authorities in the U.S. were on the lookout yesterday for a mother and her 13-year-old cancer-stricken son who fled after refusing the chemotherapy that doctors say could save the boy's life.

Colleen Hauser and her son, Daniel, who has Hodgkin's lymphoma, apparently left their southern Minnesota home sometime after a doctor's appointment and court-ordered X-ray on Monday showed his tumour had grown.

The family belongs to a religious group that believes in "natural" healing methods. Daniel has testified he believed chemotherapy would kill him.

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Comment & Views

Comment

Savour the little things

On the web
• For more views on relating, go to Love Bytes at metronews.ca/blogs

Sunny Side

May long weekend on Vancouver's English Bay Beach: The temperature has finally clawed its way into the 20s and the booming bass from a passing party boat is travelling across the water toward the shore, where Vancouverites have crawled cautiously out of their home and office confines to soak up the long-anticipated sun.

Watching couples intertwined on the grass or weave through the crowd on tandem bikes, it is easy to forget about the recession, job uncertainty and all the other doom and gloom that has so effectively crippled our spirits for months.

And, really, that's how it should be.

While it may feel reflexive to want to punch a hole through the face of anyone who tells you to cheer up during these tough times, it's also true stressing over things beyond your control does no good for anyone.

This is not to trivialize the very real hardships many are currently facing. Layoffs, foreclosures, growing debt — these are not things easily surmounted with a cup of gelato on a sunny day.

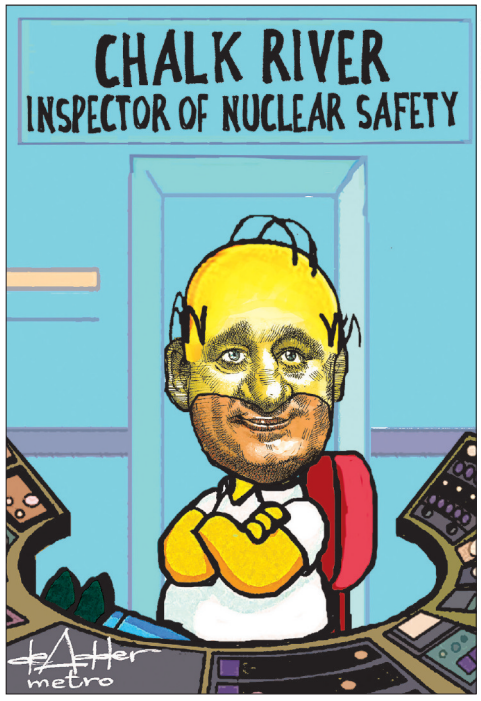
But once a person has done all they can to move forth, continuing to stew only diminishes the quality of his or her life. It overshadows and saps the joy from the positives there are, it affects relationships — with friends, family and lovers — and can create a debilitating cycle of self-sabotage.

The key, according to psychologists, is a process called savouring: Being deliberately mindful of what you're doing at the present moment, no matter how trivial it may seem, and luxuriating in it. Not only does this have a powerful effect on one's outlook and attitude, they say, but on interpersonal relationships as well.

So in the face of troubled times, make a conscious effort to focus on the things that do bring happiness, on a micro level: The taste of a cold beer on a hot day; the warmth of a lover's embrace; the simmering excitement of a city on the brink of summer.

Happiness, after all, is the journey.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.



MICHAEL DE ADDER

Views

Real Canadians show active side

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As the national voice of physical activity and sport participation, ParticipACTION is proud to celebrate the real-life stories of five Canadians who have added more movement into their lives.

As Phase 2 of our "Get Inspired. Get Moving" campaign, we have created five television ads featuring their personal stories to inspire all Canadians to follow in their footsteps.

The ads tell powerful, personal stories about individuals overcoming barriers to achieve a healthier, more active future for themselves and their families. They feature Alison Alleyne (Surrey, B.C.), Diane Lawes (Edmonton), Joania Burnett (Ottawa), Richard Marier (Laval, Que.), and Stephane Martel (Roverval, Que.).

To find these everyday heroes, we called on all Canadians to share how they are moving more so they could inspire others to do the same. In November 2008, we launched television commercials featuring Canadian icons Donovan Bailey, Farley Flex, Rick Hansen and Mary Walsh to encourage people to post stories about getting active on our online Wall of Inspiration.

We worked with the Canadian Fitness and Lifestyle Research Institute to understand the common hurdles people face in their busy lives and select stories about getting active that will resonate with people on a personal level.

Out of more than 1,000 submissions from across the country, we chose three English and two French people to be featured in separate 30-second commercials. We worked with our advertising agency to record the five stories in the individuals' own voices and bring them to life through illustration and animation. The animation gives a whimsical feel to the campaign and highlights that physical activity can be meaningful and fun.

Our campaign shows that everyone is capable of being a hero in his or her own story — whether it's through getting active with their kids, overcoming obstacles or simply looking at things in a new light.

Thank you to all the Canadians who shared their stories on our Wall of Inspiration.

We received stories from across the country and we hope to receive more — Phase 3 of the campaign will feature more selections, slated to air later this year.

This is truly a grassroots initiative to celebrate individuals who are living a healthier, more active lifestyle. Get inspired and get moving, Canada!

Kelly Murumets is president and CEO of ParticipACTION, the national voice of physical activity and sport participation in Canada.

Letters

Canada's social safety net appreciated in tough times

Sunny Side

Re: SunnySide initiative

Having lived in several countries across Asia, Europe and North America, I find Canada as one of the best countries with great social systems.

Programs such as environmental conservation, recycling and planned usage of its vast natural resources are ahead of many other developed countries.

It's amazing to find so many social services free of charge here in Canada, given that we come from countries where we had to pay for everything, which is usually expensive.

With a background in business, I'm setting up my first business here. What amazes me is how handy the information is and how many organizations are helping start-up entrepreneurs.

People say America is the land of opportunity, but having lived there for four years, I know how hard it is when people move there and struggle to make it.

I constantly feel grateful to be in Canada's well-designed social system. The government has done a good job putting everything in place for its people, and that becomes so important during tough times like today.

KEDIY ZHANG, TORONTO

Archaic media coverage laughable

Re: Sun King of subterfuge

I cannot believe Lawrence Martin would blame "an archaic system of coverage" for the lack of media coverage regarding the government's executive branch.

Making a comparison between where Canada and the U.S. house the media is just plain silly. It seems to me that the Canadian media is afraid to speak the truth when it comes to Stephen Harper and his Conservative government.

Good, truthful journalism should reach the people regardless of where the media sits.

ANNA-LEE POTVIN, TORONTO

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Terrawest finds natural gas in China
Petromin Resources says its Terrawest Energy affiliate has tapped into what may be a massive new unconventional natural gas discovery in China. The company discovered significant gas-bearing shale and multiple coal seams in its LHG 08-03 well drilled last November. THE CANADIAN PRESS

Business

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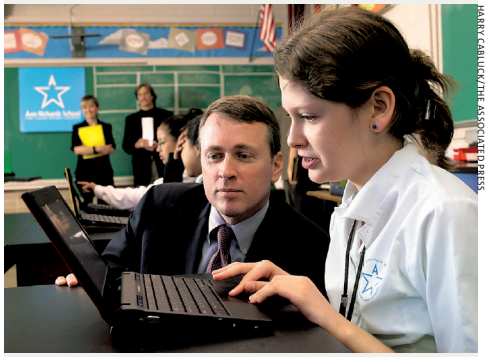
EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Dell Watching its business grow



HARRY CABLUCK/THE ASSOCIATED PRESS

Paul Bell, president of Dell Global Public Sector Business, watches a sixth-grader work on a new Dell "netbook" in Austin, Texas. Dell hopes to extend its lead in the business with its new Latitude 2100, designed for young students. It is similar to a laptop, but cheaper, smaller, lighter and less powerful.

Business in brief

OPEL Three bids were submitted yesterday from suitors interested in acquiring or taking a stake in General Motors Corp.'s ailing unit Adam Opel GmbH, a GM Europe spokesperson said. THE ASSOCIATED PRESS

TSX continues surge

The Toronto stock market racked up a second consecutive triple-digit advance yesterday as crude oil prices hit a six-month high. Traders also took in news of benign inflation.

New York indexes surrendered early gains and closed lower after the Federal Reserve downgraded its economic forecast.

Toronto's S&P/TSX composite index gained 131.49 points to 10,232.44 following a 338-point surge the previous day, as investors grow confident the spring rally, in its third month, still has room to run.

Statistics Canada said the annual inflation rate fell to 0.4 per cent last month, the lowest in almost 15 years and down sharply from 1.2 per cent in March. The decline is propelled by more moderate energy costs. THE CANADIAN PRESS

Loonie rises

- The Canadian dollar closed up 1.21 cents at 87.69 cents US, its highest close since October, after going as high as 88 cents US on U.S.-dollar weakness and commodity-price strength.

Sears Canada revenue drops

RESULTS Sears Canada's first-quarter profit was 85 per cent lower than last year as the department store operator spent more on severance and saw revenue fall by 10.9 per cent.

Net income for the 13 weeks ended May 2 was $10.3 million or 10 cents per share. A year earlier, net income was $70.8 million or 66 cents per share. THE CANADIAN PRESS

Canwest secures $175M financing

MEDIA Canwest Global Communications has lined up $175 million to reshuffle its senior credit arrangements, and said yesterday it aims to have a definitive agreement with noteholders by July 15.

Canwest is struggling under $4 billion in debt. THE CANADIAN PRESS

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Mickelson suspends PGA career

Phil Mickelson has suspended his playing schedule on the PGA Tour indefinitely after learning that his wife, Amy, has been diagnosed with breast cancer. According to the golfer's website, Amy's treatment process is expected to begin with major surgery, possibly within the next two weeks. METRO NEWS SERVICES

Sports

Jacques' racing school

Former Formula One world champion Jacques Villeneuve, left, is giving back to the profession he loves by opening a driving academy north of Montreal. The Jacques Villeneuve Academy will run in partnership with ICAR — a massive racing complex that, when it opened last year, took over many of the unused runways of the largely defunct Mirabel airport north of Montreal. Villeneuve will serve as a mentor and resident expert. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Breaking down the Raptors' draft needs

Jack Armstrong
NBA Analyst

The Toronto Raptors didn't get lucky in the NBA draft lottery Tuesday evening so the team now has to set its sights on improving with the No. 9 pick in the draft.

President and GM Bryan Colangelo had plenty of luck with the ninth pick as the GM of the Phoenix Suns, picking both Shawn Marion and Amare Stoudemire. Raptors fans hope lightning can strike here as well.

The Raptors have both cap space and the No. 9 pick to try to improve the condition of a disappointing 33-49 team this past season. The team has four major needs need to be filled via the draft, free agency and trades to get back to the playoffs:

1 With the impending free agency of Anthony Parker, Joey Graham and Shawn Marion, the Raptors have to decide if they'd like to keep any of these three and at what price. The team must create more positive play from these positions.

Look at the way the game is being played today. You must have significant high-end play from your two and three spots to be in the hunt. The Raptors are in good shape in the front court with Chris Bosh and Andrea Bargnani, as well as at the starting point guard spot with Jose Calderon at the helm. The major help/upgrades has to come at these positions.

2 Watching the Raptors this year, it was obvious this team needed to improve significantly as a gritty, tough-minded team that takes pride in playing the defence necessary to win consistently in the NBA.

Bringing in players with the mindset to make the sacrifices necessary to bring this change will be paramount to their success in changing the culture from last season's team.

3 I think that in time Roko Ukic can be a solid NBA point guard and improve his shooting and end-of-clock decisions.

Marcus Banks has an inconsistent resumé, so I think the Raptors might need some insurance in case Calderon ever were to miss games and/or play at less than 100 per cent (see this past season).

4 The 82-game regular season is a long grind and teams need their second unit to steal some wins. Anyway the Raptors can improve the back end of the team will help a great deal.

Jack Armstrong is a basketball analyst on both Raptors NBA TV and TSN. He is also a co-host of The Game Plan, airing weekday afternoons on The Fan 590.

Cecil shelled by BoSox

MLB RESULTS

Toronto 3 Boston 8

David Ortiz broke a career-high 149 at-bat homerless drought in a six-run fifth inning, Brad Penny pitched his best game of the season and the Boston Red Sox beat the Toronto Blue Jays 8-3 at Fenway Park last night.

Jason Varitek, Jason Bay of Trail, B.C., and Mike Lowell also homered in the fifth off rookie left-hander Brett Cecil (2-1), but Ortiz's shot just to the left of straightaway centre drew the loudest roar from fans who waited a long time since his last homer Sept. 22.

ELISE AMENDOLA/THE ASSOCIATED PRESS

Toronto Blue Jays Brett Cecil delivers a pitch to the Boston Red Sox in the first inning of last night's game at Fenway Park. The Red Sox beat the Blue Jays 8-3.

The home run by the slugger who hit 112 the past three years drew a standing ovation. As he crossed the plate, he pointed to the sky twice, clapped his hands and was hugged by Dustin Pedroia and Kevin Youkilis.

THE ASSOCIATED PRESS

Local bid emerges in attempt to save Coyotes

BANKRUPTCY There may be hope for the Phoenix Coyotes after all.

While Canadian billionaire Jim Balsillie and Coyotes majority owner Jerry Moyes work on an official application to the league to purchase and move the bankrupt team, an investor has emerged who apparently wants to keep the team in Glendale, Ariz.

John Breslow, one of the team's minority partners, is putting together an ownership group that plans to bid on the team, his lawyer, Scott Cohen told the Toronto Star.

Few want to talk about about the new bid, the third to emerge in the last month. "Mr. Breslow is not commenting at this time," Cohen said.

NHL deputy commissioner Bill Daly chose not to comment, but Balsillie spokesman Bill Walker said he welcomes the process.

"May the best bid emerge," said Walker.

"We're confident we have the best business proposal, by the best businessman for the best hockey market."

Should the sale of the team through bankruptcy go ahead, the rival bids are expected to be public.

TORSTAR NEWS SERVICE

Sports in brief

SOCCER The Vancouver Whitecaps beat the Montreal Impact 2-0 last night to improve to 1-1 in the Nutrilite Voyageurs Cup. The loss drops the Impact to 0-2 in the tournament. Toronto FC currently sits in first with a record of 2-0.

OLYMPICS Canadians who lost out on the ticket lottery for the 2010 Winter Games earlier this year will have another opportunity to score some tickets next month. Anyone who wants tickets will have to log onto the organizing committee's website on June 6 and get into a "virtual lineup."

METRO NEWS SERVICES

For a complete recap of last night's NBA playoff action, visit: metronews.ca/sports

SCOREBOARD

MLB

YESTERDAY'S AL RESULTS
Boston 8 **TORONTO** 3
Texas 3 Detroit 5
N.Y. Yankees 11 Baltimore 4
Oakland 7 Tampa Bay 6
Cleveland at Kansas City
Minnesota at Chicago White Sox
L.A. Angels at Seattle

YESTERDAY'S NL RESULTS
Pittsburgh 2 Washington 1
Cincinnati 5 Philadelphia 1
Florida 8 Arizona 6 (Gm 1)
Arizona at Florida (Gm 2)
Colorado at Atlanta
Milwaukee at Houston
Chicago Cubs at St. Louis
San Francisco at San Diego
N.Y. Mets at L.A. Dodgers

TODAY'S AL GAMES
TORONTO at Boston
Texas at Detroit
Minnesota at Chicago White Sox
Cleveland at Kansas City
Oakland at Tampa Bay
Baltimore at N.Y. Yankees
L.A. Angels at Seattle

TODAY'S NL GAMES
Philadelphia at Cincinnati
Pittsburgh at Washington
Colorado at Atlanta
Arizona at Florida
Milwaukee at Houston
Chicago Cubs at St. Louis
San Francisco at San Diego

NHL

TODAY'S GAME
Carolina at Pittsburgh

FRIDAY'S GAME
Detroit at Chicago

NBA

YESTERDAY'S GAME
Orlando at Cleveland

TODAY'S GAMES
Denver at L.A. Lakers

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North York Sheridan Mall
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10720 Yonge St., Unit 102
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2555 Victoria Park Ave.
2650 Lawrence Ave. E, Unit 2B
Oriental Palace
1291 Kennedy Rd.
3300 Midland Ave., Unit 40
19 Milliken Blvd., Unit U
5095 Sheppard Ave. E
Woodside Square
5661 Steeles Ave. E, Unit 5
1900 Eglinton Ave. E.
THORNHILL
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Promenade Mall
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TORONTO
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Splendid China Tower
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471 Eglinton Ave. W
2400 Bloor St. W
921 Bay St.
2397 Yonge St.
604 Bloor St. W
548 Church St.
Dufferin Mall
421 Dundas St. W, Unit G8
1451 Dundas St. W
Dragon City Mall
471 Eglinton Ave. W
939 Eglinton Ave. E, Unit 106
Gerrard Square
662 King St. W, Unit 2
228 Queens Quay W, Unit 3
1821 Queen St. E
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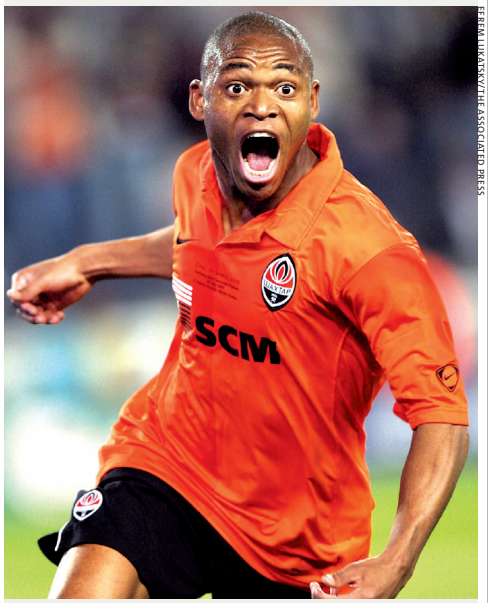
Days off for Canada Games

Provincial civil servants, capital city employees and university staff in Prince Edward Island are being offered paid days from Aug. 15-29 off to volunteer for the Canada Games due to a shortage of volunteers. THE CANADIAN PRESS

UEFA Cup Shakhtar successful



FEDIR LUKATSKY/THE ASSOCIATED PRESS

Shakhtar Donetsk's Luiz Adriano reacts after scoring the first goal of the UEFA Cup final against Werder Bremen yesterday in Istanbul, Turkey. Shakhtar went on to win the tournament 2-1 in extra time. The UEFA Cup is considered Europe's No. 2 soccer competition, behind the Champions League.

U.S. law helps Canadians

American equality legislation aids female athletes, even from abroad

LAURENCE HEINEN
for Metro Canada

Canadian female athletes can still benefit from a law enacted in the United States way back in 1972.

Known as Title IX, the landmark legislation banned sex discrimination in schools, whether it be in academics or athletics.

The legislation helped to open doors for female athletes to receive equal amounts of scholarship dollars as their male counterparts.

"It's a great way to develop women's sports," said Calgarian Carla MacLeod, who attended the University of Wisconsin on an athletic scholarship from 2001-05.

A veteran member of Canada's national women's hockey team, MacLeod enjoyed getting an opportunity to play for the Wisconsin Badgers while attending school.

"To be able to give the women's programs the same as the men's ... it's a great concept."
Carla MacLeod, hockey player

"To be able to give the women's programs the same as the men's programs and treat everyone equal, it's a great concept," she said.

Fellow national women's team defender Tessa Bonhomme also appreciated the opportunity to play hockey south of the border after graduating from high school in her native Sudbury.

Following four years playing for the Ohio State Buckeyes from 2003-08, Bonhomme encouraged other young female athletes to also pursue their dreams.

"Don't pass up the opportunity," Bonhomme said. "If you go, you can always come back if you don't like it, but if you never go, you won't know what you're missing out on."

After two years of playing soccer for the University of Calgary Dinos in the late 1990s, Chrissy Nelson was looking for a change of scenery.

"I just kind of jokingly asked a teammate who had come back from the States if she knew of anyone who was looking, so she gave me a number and an email of a coach," said Nelson, who wound up earning an athletic scholarship at Idaho State University to play for the Bengals. "What attracted me was that they were looking for a goalkeeper and I wanted to go somewhere else. I wanted to try something new."

If it wasn't for Title IX, Joan Lettman would have never attended Murray State University and run track for the Racers.

"A lot of people don't know that there are these scholarships out there," said Lettman, noting it was quite an adjustment moving from Toronto in 2004 to the small college town of Murray, Ken., but she's glad she did it.

"That opportunity will always be there (for others)."

Vick heads home after release from prison

FOOTBALL Michael Vick is out of prison and headed home, penniless and reviled for running a vicious dogfighting ring, but hopeful for a second chance at his once-charmed life as a star NFL quarterback.

The suspended quarterback served 19 months in prison on the dogfighting conviction that capped one of the most astonishing falls in sports history — one that stole his wealth and popularity.

"Football is on the backburner for now," said agent Joel Segal, who negotiated Vick's 10-year, $130-million US contract with the Atlanta Falcons, but will be asking for substantially less if his tarnished client's suspension is lifted by NFL Commissioner Roger Goodell.

Falcons owner Arthur Blank said Vick deserves a second chance, but it won't be with Atlanta, which has severed ties with its former star.

Vick, who turns 29 in June, left the federal penitentiary in Leavenworth, Kan., by car early yesterday, undetected by hordes of reporters who had staked out the prison.

He was accompanied on the ride home by his fiancee, Kijafa Frink, a videographer and several members of a security team assembled by Vick's lawyers and advisers, said a person familiar with the plans.

Avoiding the media will be tougher in Hampton, where he will serve two months in home confinement.

THE ASSOCIATED PRESS

Still in custody

- Vick was sentenced to 23 months in federal prison for financing a dogfighting conspiracy. He won't be released from federal custody until July 20, but his departure from Leavenworth begins a new chapter. "It's a happy day for him to be starting this part of the process," said Larry Woodward, Vick's Virginia-based lawyer. "He looks forward to meeting the challenges he has to meet."

Sports in brief

FORMULA ONE Ferrari's bid to stop Formula One from instituting a budget cap next season was dismissed by a French court yesterday, and the Italian team reiterated its threat to pull out of the 2010 championship. Ferrari sought an injunction against governing body FIA's plans to introduce a voluntary $60-million US cap for racing teams, but the appeal was rejected by Judge Jacques Gondrand de Robert.

BASEBALL Pitcher Edinson Volquez is likely to miss a start for the Cincinnati Reds because of a bad back. Volquez had to leave a game Saturday in San Diego because of back spasms. He was bothered by it during a bullpen session yesterday and asked manager Dusty Baker to skip his next start to give it more rest. THE ASSOCIATED PRESS

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On Saturday, Royal LePage will host the National Garage Sale for Shelter in support of the Royal LePage Shelter Foundation, a program dedicated to ending violence against women and children. The event will be held in 80 communities across Canada. For more info, or to find a garage sale in your community, visit royallepage.ca/shelter. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Outdoor living Pg 26

HGTV PHOTO

Learn how to enjoy the perfect patio in your own backyard as part of this week's special focus on home renovation. See page 26.

Style At Home Pg 20

The essentials you'll need for the thrill of grilling outside.

Suite Talk Pg 22

A merging of comfort and class in this week's Suite Talk.

Home reno Pg 28

The ins and outs of hiring a contractor for your reno.

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Read more in the June issue of STYLE AT HOME magazine.
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Decor

PAUL CHMIELOWIEC PHOTO

The thrill of the grill

Shopping etc.

Top shop of the month

FURNITURE Berloni Studio, Toronto, 877-370-5506, berlonistudio.com

Berloni is getting set to wow Torontonians with a two-prong design invasion. The Italian lifestyle company recently opened a 2,200 sq. ft. furniture showroom in the historic Distillery District, and will be unveiling a 2,000 sq. ft. kitchen and bath showroom, Berloni Studio Cucine + Bagno, just steps away, later this month.

From Italy with élan

"Our studio was designed to allow people to dream about what their space could look like. We then custom-design, ship and install that dream," says studio partner Jamie Crain. The showroom's loft-like design helps set the urban scene, with various room vignettes for inspiration. The look? Urbane and sleek, with richly stained wood and deep cushioned furnishings.

With the store's mix of Fly storage units in a variety of finishes (from $750), Up sectionals (from $2,600), and (soon) kitchen and bath splendour, it's worth a visit – or two!

– YUKI HAYASHI

Cook's choice

From backyards everywhere wafts that tantalizing aroma once again. Fire up your best barbecue season ever with these cool tools and colourful accoutrements.

1 Season to taste: When turned upright, this gravity-propelled mill grinds automatically — one end salt, the other pepper. Ideal when you need a hand free for flipping. William Bounds Baton Dual Salt & Pepper Battery Mill $85, Browne & Co., 866-306-3672.

2 Hand-eye coordination: Spark a flame with hot barbecue lighters that complement your new grill. A package contains two each of blue, orange and lime green. Barbecue lighters $7 per pack of six, President's Choice Home Collection, pc.ca.

3 Sizzlin' style portable (and cute to boot): Perfect for smaller yards (and budgets), this charcoal grill comes in four fabulous colours — orange, green, blue and soft grey. Kettle Charcoal Grill $30, President's Choice Home Collection, pc.ca.

4 For gadget lovers: Dad will love this — hint: Father's Day gift idea. A combo barbecue fork and heat thermometer indicates when meat is at the right internal temperature. Choose preprogrammed ranges or your own setting. A backlit display and alarm let the chef know when the temperature is reached. CDN Tempfork Thermometer $40, Browne & Co., 866-306-3672.

5 Slather it on: Easier to wash than bristle brushes, these silicone basters are ideal for your favourite sauces and marinades. Plus, they're heat resistant to 260°F and dishwasher safe. Silicone pastry brushes in red, green and blue $7 each, Trudeau, 800-878-3328; trudeau.ca.

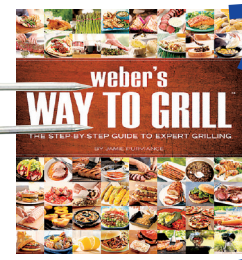
6 What sharp knives: With their gorgeous candy-colour handles, these high-quality couteaux à steak impart a little haute cuisine to alfresco affairs. Laguiole Claude Dozorme steak knives with berlingot handles $194 per boxed set of six, JacKryn France, Aurora, Ont., 905-726-3451; jackryn.com.

New books

7 Written by American chef and journalist Jamie Purviance, **Weber's Way to Grill: The Step-by-Step Guide to Expert Grilling** ($33, Sunset/Weber, 2008) is the ultimate how-to cookbook. With step-by-step instructions, more than 1,100 photos, and recipes for meat, seafood, vegetables and fruit desserts, it has everything you need to achieve barbecue brilliance.

8 British Columbian Ron (Rockin' Ronnie) Shewchuk is a self-proclaimed "barbecue evangelist" who has won championships throughout North America. **Barbecue Secrets Deluxe!** ($30, Whitecap, 2009) is a comprehensive guide to outdoor cooking, with more than 200 recipes, tips on equipment, and secrets for taking barbecuing to the next level.

STORY BY JULIA ARMSTRONG
PHOTOS BY STEVE RHODES



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High-class merges with comfort

Suite Talk

BRIAN COULTON
for Metro Canada

Seen here are some photos of the model suite at Heathwood Homes Terracotta Village.

Comfort with class accentuates the townhomes of Terracotta Village, the Heathwood Homes community at Mavis Road and Highway 407 in Brampton.

"The idea of welcoming, comfortable, fresh and bright was really what I wanted," said Marlene Solomon, the designer namesake behind Marlene Solomon Design, which fashioned the community's Sicilia model townhome. "Coming into a spring market, I wanted to have that clean, fresh feeling, but warm, calm colours."

Buttery cream colours act as a base for the home's palette, accented by persimmon throughout.

"Usually, I take one base colour and just use small accents. With that cream, virtually any colour will go with it," said Solomon.

The townhome's versatility is one characteristic Solomon said allows it to generate an open, spacious, comfortable feeling.

"In the fall, you can go with warmer tones, and in the summer you can go with cooler tones. Because the furnishings are without patterns for the most part, all you have to do is change pillows and you can change the whole colour scheme," she said.

But the contrast provided by the dark hardwood floor throughout is one constant element Solomon said was intended to maintain the townhome's relaxed elegance.

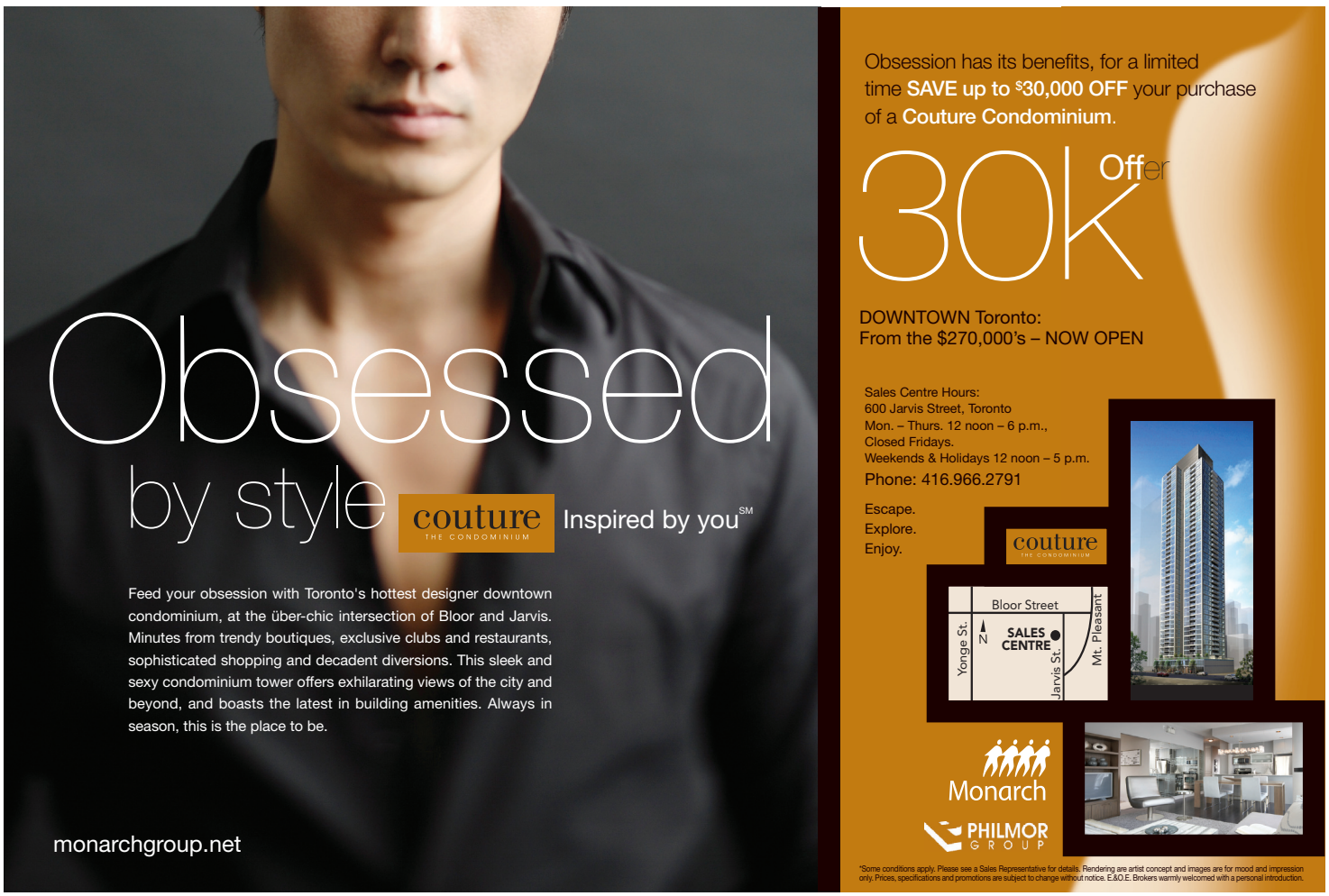
"I wanted to have the traditional elegance of a large scale home, but I wanted it to be done in a very relaxed fashion," said Solomon.

"The house will be able to function nicely for casual life as well as formal entertaining."

That multifunctional appeal is one evident in the townhome's main floor setup, which fuses kitchen and dining room, opening up the rest of the floor, said Solomon.

"Because it's basically a kitchen and living room all on one floor, I took the opportunity to eliminate the dining room out of the living room section, (making) the living room larger and able to seat at least eight to 10 people."

Townhomes in Terracotta Village range from 1,533 to 2,046 square feet. Prices start at $314,900. For more information, visit heathwood.com or call 905-874-4741.



It's all alight under the counter

HomeScape

Do you find yourself squinting at recipes while you're cooking? Asking your children to read you directions while you stir?

You poor old eyeballs may be aging, but why not look on the bright side? The truth is that anybody, regardless of age, can benefit from under-counter lighting to focus on the cooking, chopping and reading of recipe books that occurs on those busy countertops.

Besides the enormously practical benefits of under-counter lighting, what a huge difference it can make to the style of your kitchen. It can accent and beautify your backsplash, particularly if it's textured, and countertop, especially if it's stone or composite with natural sparkles. Plus it adds a classy look to the kitchen, whether you're cooking or not.

If you're getting a new kitchen in the near future, there's no reason on earth not to plan for under-counter lighting. It's gorgeous and incredibly useful, and can be installed behind the drywall with no worries about making extra holes in the walls and cabinets.

If you need to install it in a finished kitchen, you may decide to use plug-in systems to avoid making too many holes in your walls. Whatever your needs, there are a huge variety of styles and models, so you'll be sure to find one that suits you.

Above all, don't cheap out on quality — you'll be sorry if you do. If your unit is good quality, it is likely better designed, and will give you longer and more reliable service, and will tend not to burn out bulbs as quickly.

And speaking of bulbs, they differ in cost and efficiency. You can buy halogen, fluorescent, xenon, incandescent and increasingly, LED systems for under-counter lighting.

Incandescent is the least efficient energy user. It produces a nice warm light, but the bulbs are notoriously short-lived, and they do not produce the bright focused light that is so handy in task lighting. Halogen, on the other hand, is great for task lighting. It comes in pucks and strings and other configurations. It is twice as efficient as traditional incandescent lighting, and produces a "cool" (blue-toned) intense white light that tends to look great in a modern kitchen with stainless steel, glass tiles and grey concrete finishes. One downside is that halogen lights become hot; add heat to an already hot area, and can pose a fire hazard if they're not installed properly.

Fluorescent lighting is the most efficient, and has been used for a long time as serviceable and economical under-counter lighting.

They are the least expensive option, both to buy and maintain. The big complaint against fluorescents is that the quality of light may not be pleasing in some environments.

For example, I find that it tends to look good in traditional wood-toned kitchens, but can cast an unflattering yellowish light in a modern kitchen. The bottom line is that before you install, plug in the bulb and test it, if possible, against your kitchen backsplash, counters and cabinets.

Keep the receipt close at hand, in case the quality of light just doesn't work for you.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

The skinny on xenon and LED

- Xenon and LED systems aren't very common. Xenon is simply a super-efficient incandescent light that is about as efficient as halogen, but does not get hot and has a warm look.

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Be realistic, Baeumler says

ROBYN YOUNG
for Metro Canada

One of the most regrettable do-it-yourself renovation projects Bryan Baeumler has ever seen was a three-storey townhome with all of its load-bearing walls knocked out.

"It was pretty close to collapse," said the host of HGTV's Disaster DIY.

The woman who owned the early 1900s-built home had no idea what she was doing, he said.

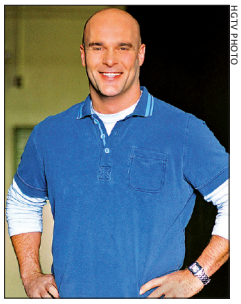
So how can homeowners avoid disaster DIYs?

Common sense, says Baeumler who owns Baeumler Quality Construction in addition to hosting the popular reno show.

"Common sense is worth its weight in gold," he added. "It's a dying art."

And avoiding these common mistakes: Underestimating cost; overestimating your own skill level; and underestimating how long the project will take.

Before doing anything, Baeumler said, sit down and come up with a realistic budget, adding a 15 to 20 per cent contingency fund to keep in your back pocket in case of emergencies.


HGTV PHOTO

Bryan Baeumler, host of HGTV's Disaster DIY.

Do-it-yourselfers should also nail down a realistic schedule, taking into account children, jobs, friends, family and things like Christmas, Mother's Day, and so on.

And finally, don't get in over your head, he said.

"The three jobs I always tell people to hire someone in for are electrical, plumbing, and structural work," he said.

Jobs people can do themselves fairly easily include painting and things like putting in a new tile backsplash in the kitchen.

The key is to start slowly, he said.

"I've seen guys try and build additions and they can't put a nail in with a hammer," he said.

As for where to learn how to do a job right, Baeumler said there are plenty of books and website forums out there on how to renovate.

His own company's website, Baeumler.ca, has a forum for giving and getting tips, but be wary of the information that's offered on any site, he said. "There are a lot of 'anonymous experts' that aren't necessarily experts," he said.

In addition, big box stores have how-to seminars on different projects throughout the year, he said.

Last but not least, Baeumler said, know when to throw in the towel and call a professional.

If you're mentally anguished at the thought of continuing the project; if you're dreading continuing with it; if you're way over budget; if you have no idea which way to go; or if you're feeling overwhelmed, it's time to quit.

"If you're at that point, it's time to end the suffering and just call someone in," he said.

Want to see more of Bryan Baeumler?

- Disaster DIY airs on HGTV, Thursdays at 9 p.m. EST.
- Baeumler is currently taping his new show, House of Bryan, which gives viewers a behind-the-scenes look at his own home renos while he juggles life with his wife, two children and managing his construction company.

Get permission first: Expert

EVA LAM
for Metro Toronto

Before you start knocking down walls, there are some things you should know to make sure your home makeover doesn't run afoul of the law.

The most important thing homeowners can do is contact the city to find out what the required process is for their specific proposal, says Algimantas Jasinevicius, a plan review manager in the city's Etobicoke office.

"You have to look at each address on its own merits," he says. "You could have something like a simple deck, and you have to get a permit for it. But it has to be in compliance with both zoning and building code, (as well as) any other applicable law."

But, warns Jasinevicius, there are no hard-and-fast rules. For one, different zoning bylaws exist across the city's former municipalities. Under these bylaws, "that deck may be considered as just landscaping, or it may be considered as a structure, subject to all sorts of rules," says Jasinevicius. Within a zone, a property could also have a site-specific bylaw that overrides the general provisions.

ISTOCK PHOTO

A permit is required for any kind of structural work.

A harmonized zoning bylaw for the amalgamated city is anticipated at the end of the year. The hope is that it will eventually be posted on the City of Toronto's website so that homeowners will be able to find out their particular zone and the bylaws that apply to their property, says Jasinevicius.

Until then, where should homeowners begin? "The first thing you should do is contact the city and find out what the zoning is for your property," he says. "They will tell you you're zone-whatever, and they would give you some general information in regards to the required setbacks, height restrictions, landscaping requirements, et cetera."

If your proposal is found to comply with the bylaw, you can move on to the next step in getting a permit — ensuring your project complies with the Ontario Building Code. The code sets out minimum provisions regarding building safety, such as fire protection.

Although many designers or contractors will get permits on behalf of their clients, Gus Michaels from the city's licensing department says it is ultimately up to the homeowner to make sure they are in compliance with all building requirements.

"There's no harm in making a phone call," Michaels says.

On the web

- For more on building permits, visit toronto.ca/building/brochures.htm.

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Extend your living area into the backyard

LEYLA EMORY
for Metro Canada

Canada really on has two seasons: Skiing and patio. This year it's all about bringing the patio into the backyard.

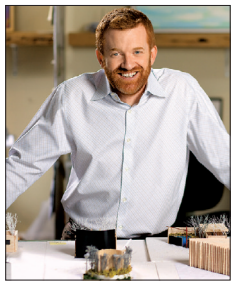
"The major trend is outdoor lounging," says Kennedy McRae, one of the founders of the landscape design firm Earth Inc. and host of HGTV's Dirty Business.

"Everyone's buying long couches and corner sectionals. It's not just about a formal sitting area anymore. There's a table area and then there's the kick-back-and-hang-out area."

The idea is to move your inside outside for the three or so coveted months of warm weather. "It's about extending your living area," says McRae. "Your backyard is the biggest room you own — often the same size as your house. To not use it is crazy."

But the expense doesn't have to be.

"Do not spend the money on the flooring. Half the space is going to be taken up by furniture anyway," McRae says. "Do a pea gravel patio. It gives a little on all the legs of your furniture so there's no rocking. There's a really relaxed feeling to gravel. It's more down to earth and adds a little whimsy."



But if you want the structure of a deck, "get a contractor to come in and do the framing but then do the decking yourself," suggests Mag Ruffman, toolgirl of toolgirl.com. "All you're doing is nailing or screwing boards down and anybody can figure that out."

For a long-term investment, go with composite decking, suggests Frank Turco, colour trend and design manager at The Home Depot. "It's a huge trend," says Turco. "It's not inexpensive, but it's a maintenance-free product guaranteed for 25 to 30 years, depending on the brand."

HGTV PHOTOS

Vertical elements create a sense of space, says Kennedy McRae, left, host of HGTV's Dirty Business.

Otherwise, spend the money on verticals. "Vertical elements like a stream or a tree are more of a wow factor," says McRae. "Anything upright creates more sense of space. A collection of tree trunks works great. Or try multi-stem trees that make it feel like there's more than one."

The same goes for gardening. "Vertical gardening is huge," says Turco. "Instead of just planting into the ground, people are planting up the wall. So you're getting a lot more vertical florals available on the marketplace."

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Privately selling your house

LegalMatters

Jeffrey D. Cowan
jeff@cowanandtaylor.com

Q I have sold my house privately without the assistance of a real estate agent and we had the lawyer for the purchasers draft an agreement of purchase and sale. It all seems fairly complex. How should I proceed?

A The answer to this one is fairly straightforward. You need to consult a lawyer to review the document.

When you do so, you should point out any areas of concern that you either don't understand or are out of the ordinary.

Now is probably a good time for me to chime in that you can save yourself money by not availing yourself of the services of a real estate agent but more often than not, they are worth every penny they are paid. They have experience marketing properties, making suggestions that will make your property more desirable and they generally have extensive relationships and referral options that you do not have at your disposal.

There is a movement away from the use of real estate agents with the M.L.S. online (one of my readers stated: "There are too many real estate agents driving around in luxury cars for the little amount of work that they do"). I couldn't disagree more. Most realtors are extremely hard-working business people who are focused on getting the best price for their listing clients.

As I am sure you are aware, the real estate market is a volatile place. Your real estate agent is the best person to realistically value your property and hopefully enable you to sell and move onto that new house you have your heart set on.

That being said, if you go the route of a private sale, have your lawyer examine the contract because real estate contracts are possibly the most binding of all legal agreements.

Jeffrey D. Cowan is with Cowan & Taylor, Barristers & Solicitors. The info in this article should not be relied upon as legal advice.

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Research key when hiring a contractor

JON TATTRIE
for Metro Canada

ISTOCK PHOTO

Beforing hiring a contractor, you should check their references as well as for proof of business liability insurance, Workers' Compensation coverage, bonding and business registration, advises Michael Gough of the Canadian Home Builders Association.

When you hire a contractor to renovate your home, you are going to spend a lot of time with him and his crew, and even longer with the final work. Choosing the right contractor is critical.

Michael Gough of the Canadian Home Builders Association says homeowners want to know the project will be done properly, on time and at the agreed-upon price.

The best way to ensure that is to get a contractor you can trust. Check with friends and family for recommendations. Your local Home Builders Association will have a list, or look at ads and the phone book.

"When you locate contractors based only on advertisements, you need to take extra care to get and follow up on references," Gough cautions. Get at least three past-customer references — and call them.

"Some consumers wonder about the value of contractor-provided customer references, assuming they won't be given the names of dissatisfied customers," says Gough. "While there is certainly some truth to this, don't underestimate what you can learn about a contractor, even when talking with satisfied customers."

Next up is the interview stage. Get your contractor's history: How long she's been in business, her experience doing jobs like yours, how her company operates (for example, do they have their own staff or regular subcontractors?) and get a ballpark estimate on the cost and time.

"If you find you are not comfortable talking with them, or they are not able to answer your questions adequately, they are probably not the right contractor for you," advises Gough. "Don't hire them."

When you've got your contractor, check for proof of business liability insurance, Workers' Compensation coverage or equivalent accidental injury insurance, proof of bonding and/or licensing and proof of proper business registration. Why? If you've got a fly-by-night operation not properly insured and it goes wrong, you're on the hook.

"What would happen if someone you hired accidentally damaged your property or the property of one of your neighbours? Or if someone was injured? Your contractor could end up costing you money," Gough says.

The Canadian Mortgage and Housing Corporation warns it can take two to three weeks for a contractor to prepare an estimate. Make sure the contractor provides you with a construction schedule before work starts, so you have a clear idea how things will unfold, it says.

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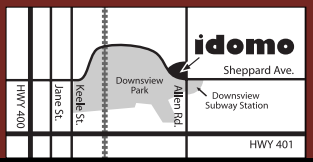

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Home updates add value

LEYLA EMORY
for Metro Canada

The economy may look grim, but your house doesn't have to.

Home renovations are a great way to perk up your life and your investment.

These days, financing a fixer-upper doesn't have to break the bank. With the new Home Renovation Tax Credit (HRTC) already cutting costs, banks are also out to help. "The best advice would be to sit down with a mortgage specialist and make an informed decision based on facts," says John Turner, director of mortgage sales at the Bank of Montreal.

BMO's combination of a mortgage and line of credit is one the more popular options lately, says Turner. "The Homeowner ReadiLine lets you keep your mortgage portion under a mortgage and also have a line of credit portion to use for renovations. It's all under one borrowing limit ... As you pay down your mortgage, you increase your borrowing reserve. The interest rates are great and you only pay interest on what you use."

But use it wisely. "You've got to look at the return on the investment," says Mag Ruffman, Road to Avonlea's Olivia Dale turned toolgirl of toolgirl.com. "Kitchens, bathrooms and basements are three places in the house that make the most impact in the resale of a house."

Saving money while adding value comes down to education and materials, according to Ruffman. "Learn how to do things yourself." For the civic-minded, Ruffman recommends volunteering for Habitat for Humanity. "It's an amazing experience and you get to understand what goes in to the systems of a house."

Next to know-how is "know-where."

"When it comes to materials, you can save a lot of money by going to used building supply places," says Ruffman. "Habitat for Humanity runs one called ReStores. They're outstanding for value. All big cities have at least one."

But major retailers are also out to add value. The Home Depot's Top Up program ran last month allowing customers to receive 10 per cent back in gift cards on HRTC-eligible products between $1,000 and $10,000.

They plan to run similar promotions focusing on key seasonal categories throughout the year.

"It's a great incentive to get people into the stores and working on renovations," says Frank Turco, colour, trend and design manager at The Home Depot. "Obviously, it benefits us from a revenue standpoint, but in turn [it] benefits the consumers who can actually start to do some work even though we're faced with recessionary times."

"Kitchens, bathroms and basements are three places in the house that make the most impact in the resale of a house."
Mag Ruffman of toolgirl.com

Home renovations — especially on bathrooms and kitchens — are a great way to perk up your investment, experts say.

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Update your digs in seven easy steps

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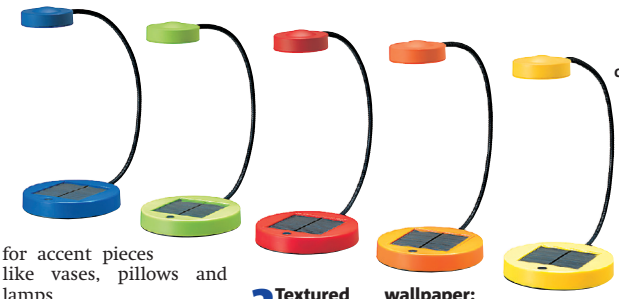
EVA LAM
for Metro Canada

Spring has sprung, and for many, that also means it's time to break out the paint rollers, dust off that measuring tape and start perusing the homeware catalogues.

Looking for ideas to give your digs a fresh look? We asked Margot Austin, senior design editor for Style At Home, and Tara Dalla-Nora, principal designer of the Toronto-based Inner Luxe, about this season's hottest home design trends.

1 Sunny hues: "I always suggest for spring and summer to do fresh citrus colours, like yellowy-green," says Dalla-Nora. Shy about putting bold colours on walls? Bright yellows are also popular for accent pieces like vases, pillows and lamps.



Fresh citrus colours are hot for spring and summer, as seen in these Sunnan solar cell power work lamps ($19.99 each at Ikea, ikea.ca).

2 Textured wallpaper: One of the biggest trends for wallpaper has been grasscloth, "Papers with really natural earthy textures — almost fabrics that are backed with paper," says Austin. Grasscloth wallpapers are even available in non-neutral colours such as navy or lavender.

3 Light woods: After years of dark woods, home furnishings are seeing the light again with lighter-coloured woods, such as birch and maple. Another tip: "Lighten up your furniture with metals or by having a few occasional glass pieces in there," says Dalla-Nora.

4 Rough-hewn edge: "I am seeing a really strong trend toward things that look handmade, a little more primitive in construction," says Austin. Referencing either a factory or an old schoolhouse is a popular look that can be achieved with oversized clocks or large pendant lights that look as though they came off a factory floor.

5 Ethnic-inspired prints: "Ikat prints are quite popular right now, as well as a lot of prints inspired by, say, Indian traditional textile-making, like block prints," says Austin. Her tip for incorporating prints into your home: Buy a length of fabric, wrap it around a pre-stretched artist's canvas, and you've got a unique piece of art to hang on your walls.

6 Retro with a modern twist: "You don't want to go too overboard with retro, but adding a couple of retro elements is always really nice," says Dalla-Nora. She suggests pairing a few pieces of furniture from the '60s or '70s with more modern pieces, or using fabrics with a retro geometric pattern.

7 Bring the indoors outdoors: "As Canadians, the first sign of summer, we want to get outside and live outside," says Austin. She's seen a rise in fully-furnished spaces in yards, from outdoor kitchens — equipped with fridge and sink — to outdoor fireplaces.

"It also speaks to the trend of really making use of the space you already own," she adds. "Who needs a cottage if you can make your backyard function as if it's a retreat?"

Lighten up your furniture with glass pieces, such as these decorative handblown glass vases ($9.99-$14.99 at HomeSense, homesense.ca).

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Purchasing a home (condo or house) is most often the single largest investment a person/family makes, so it only makes good sense to treat it with respect and dedication. Like all sure footed journeys, this one can only be done one way — step by step.

First, establish your needs. While wants can change your needs will remain the same so it's important to know your main objective(s) for buying. If your main need is to be close to work, you've already made things a little less complex. If it's to make money off the purchase, again, you've significantly focused your search.

Next, sort out your finances. What's the sense in viewing a condo if you're not 100 per cent confident you can afford it? The first thing I provide my clients is a financial assessment of their costs, interest, principal, with various down payments on various purchase prices, so that they're aware. When you're viewing a unit, there's enough to focus on without wondering whether you can afford it — if you can't you shouldn't be there to begin with, and the worst thing that can happen is to get your heart set on a place that turns out to be outside your comfort zone.

The next factor most buyers consider is where's the best location? When you're buying a home for yourself the question of best location boils down to what best covers your needs. A person seeking convenience vs. a person seeking investment dollar will have different "best location" answers. See as many as you have time for, that suit your needs, and you'll find the best one for you.

Buyers also wonder when's the best time to buy? Statistically prices are higher during the spring/summer and lower in the winter. However, good properties will sell for what they're worth, always. There's more product available during high season, more comparables to use for price reduction, and people can be desperate to sell regardless of the season. The best time to buy is when you'd like to move.

When you're ready to start looking, chances are you'll think about buying new vs. buying resale. The most important thing here is to compare apples with apples, so make sure you're aware of all the closing costs in both cases to make your comparisons accurate, along with all the differences between closing procedures.

"A home that costs $5000 more ... might end up being comparable because it requires no work to be done."

Now, when you're actually viewing homes please make sure you're taking notes! I can't stress this fact enough. When you're deciding which of the ones you've seen was best, it can be quite frustrating trying to remember which one didn't have a dishwasher and which one had that wall requiring paint. Also, make notes on the items you'll be spending money on if you move in (necessary paint job, hardwood floors, new tiles to replace cracked ones). Again, we do this so that we can eventually compare apples to apples, before deciding which home fits us best.

When you're ready to compare, the notes will help you balance the prices. A home that costs $5,000 more that you thought was too expensive might end up being comparable because it requires no work to be done. Determine your top three choices. Always remember that we're trying to find the home that suits our existing lifestyle best, and not the other way around.

How to get that best deal: First you must know what it's actually worth. I always recommend that buyers work with a realtor (one you can trust who comes highly recommended from a trustworthy source) because it doesn't cost them anything — even the financial assessment should be free. That's the first step.

Finally, take it from me, the really good properties/deals vanish quick, even in this market, and few come up — but they do come up. That's where this whole process pays off. If you're focused and aware of your needs, finances, and have notes on others you've seen, and are an established buyer, moving quickly can be moving intelligently, rather than blindly.

Amit is a Realtor/Developer with Re/Max. amitp@rogers.com

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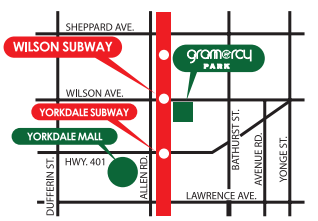

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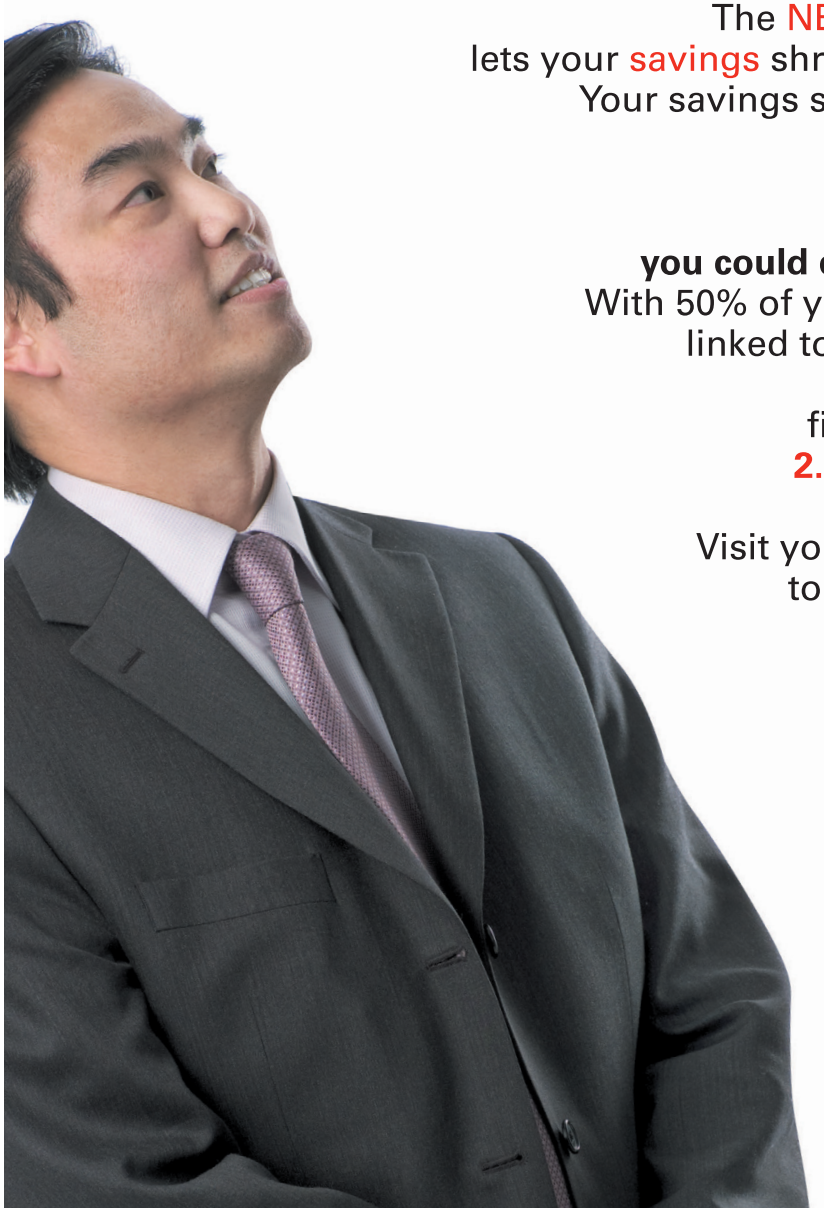

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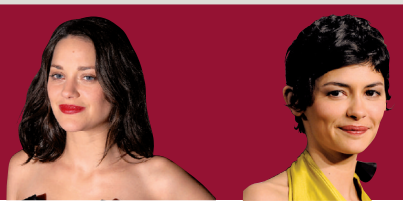
One Night gift bag

Sunnybrook Foundation has revealed the list of items that will pack this year's One Night Live Gift Bag. It will include beauty products, children's home entertainment products, a limited edition print from an renowned Canadian artist and more. METRO NEWS SERVICES

Style



A fashion mini-film face-off

French actresses Marion Cotillard, far left, and Audrey Tautou, left, are facing off in short films for two iconic Parisian brands. Marion Cotillard stars in a short film for Christian Dior called Lady Noire Affair. She wears a John Galliano-designed wardrobe in the long commercial, which promotes the brand's Lady Dior bag. Meanwhile, Tautou stars in a Jean-Pierre Jeunet-directed clip for Chanel No. 5. KENYA HUNT/METRO WORLD NEWS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Fantasy-worthy locks

Spring/summer 'dos call for big, cascading curls or cropped edgy manes

JENNIFER YANG
for Metro Canada

If hair is truly "the richest ornament of women," as revolutionary monk Martin Luther once said, then this spring and summer, expect the ladies to look positively festooned.

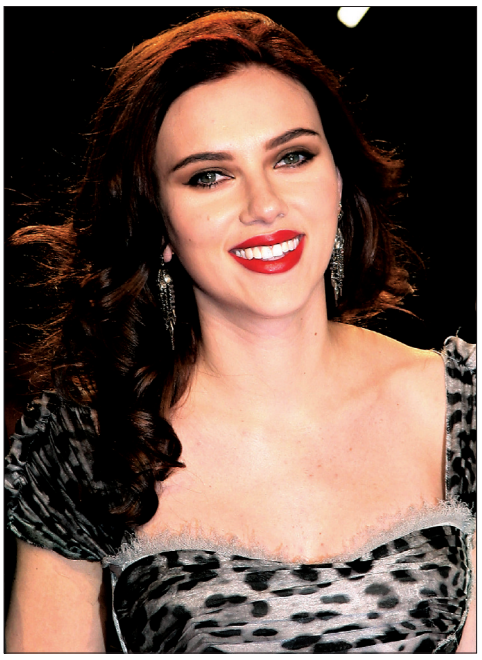
With those spring showers, tulips won't be the only things in bloom as women start planting pretty things in their tresses too. It seems hair accessories are suddenly in season again, says L'Oreal hair guru Eric Del Monaco, a beauty expert on Project Runway Canada.

"There's some beautiful stuff," Del Monaco says. "Really nice jewel pieces, ceramic pieces. It's all about creating your own fantasy."

Del Monaco is also the official hair artist for Toronto Fashion Week and started using accessories in October for the spring 2009 collections. His favourites are the chic feather accents he's seen, worn flat and sleek against the scalp.

But for those who can't wrap their heads around all the beads and plumage, spring and summer hair is still full of fun and fantasy, Del Monaco says, with manes going big, curly and cascading.

"That hair straightener is going out the window," Del Monaco says. "For the daytime, it's just big, huge, loose curls that can be made anyway… sort of '60s, big, flippy hair."



GETTY IMAGES

Spring and summer hair looks are full of fun and fantasy. Two trends experts are suggesting include the big, curly cascading brunette mane (see actress Scarlett Johansson, left) and the short croppy blond bob (see model Agyness Deyn, right).

As for those sticky summer evenings, keep the curls intact but slick them back with a dollop of gel, Del Monaco says. Nighttime looks are more elegant and constructed, similar to Kate Winslet's glam 'do from this year's Oscars.

"Leave the house in the morning with some big curls and at night, before leaving the office, you can just put in some gel, put it up in a bun and off you go," Del Monaco explains. "For hot summer nights that look's really hot, especially if you have a hot tan."

As for colour, Del Monaco says the shade this season is brunette, with lots of "tortoise-shell" and "cinnamon-kissed" browns.

But for Melissa Baca, owner of Toronto salon Madfactory, she says many of her clients are swinging to the other hair extreme and requesting the Agyness Deyn: cropped, catwalk-edgy and white blond.

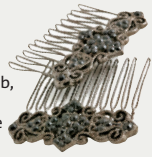
"It's a short, choppy kind of bob… croppy in the back and longish to the front," Baca explains. "A lot of blond and more of that sort of peroxide-y blond."

But amusingly, most of Baca's clients are fantasizing about a different celebrity's hairdo this spring — a little lady whose hair accessories are probably more of the plastic and glitter variety.

"It's kind of funny but we've had a lot of clients ask for Suri Cruise's hair (daughter of actors Tom Cruise and Katie Holmes)," laughs Baca. "We hear she's got a good stylist."

Chic accents

Hair accessories are in season, try some of these fun accents:



• Goody Cecillia side comb, $6.49. Available at most mass drug stores.

• Goody Lydia claw clips, $8.99.

• Goody Lenora salon clips, $5.49.

YSL cage silver shoe, $1295, Holt Renfrew. (More affordable versions of the cage shoe are available at Aldo and Browns.)

Cage match over racy shoes

TREND There is a rage over cage shoes this season.

It ignited at the spring/summer 2009 Yves Saint Laurent collection shown in Paris last October. Designer Stefano Pilati sent his models down the runway, their feet encased in a shoe featuring thin strips of leather that form a grid-like pattern and perched on a metal cage-inspired heel.

In essence, this short bootie looked like a cage imprisoning the model's foot.

It has since set the fashion world and the blogosphere all a-Twitter.

This architectural shoe is drawing extreme reactions, dividing footwear fanatics on the web into two camps. Those that loathe it and those that can't wait to get their hands on it.

TORSTAR NEWS SERVICE

FlareFashion

Lisa Tant

Read the blog at metronews.ca/flarefashion

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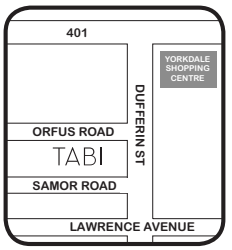

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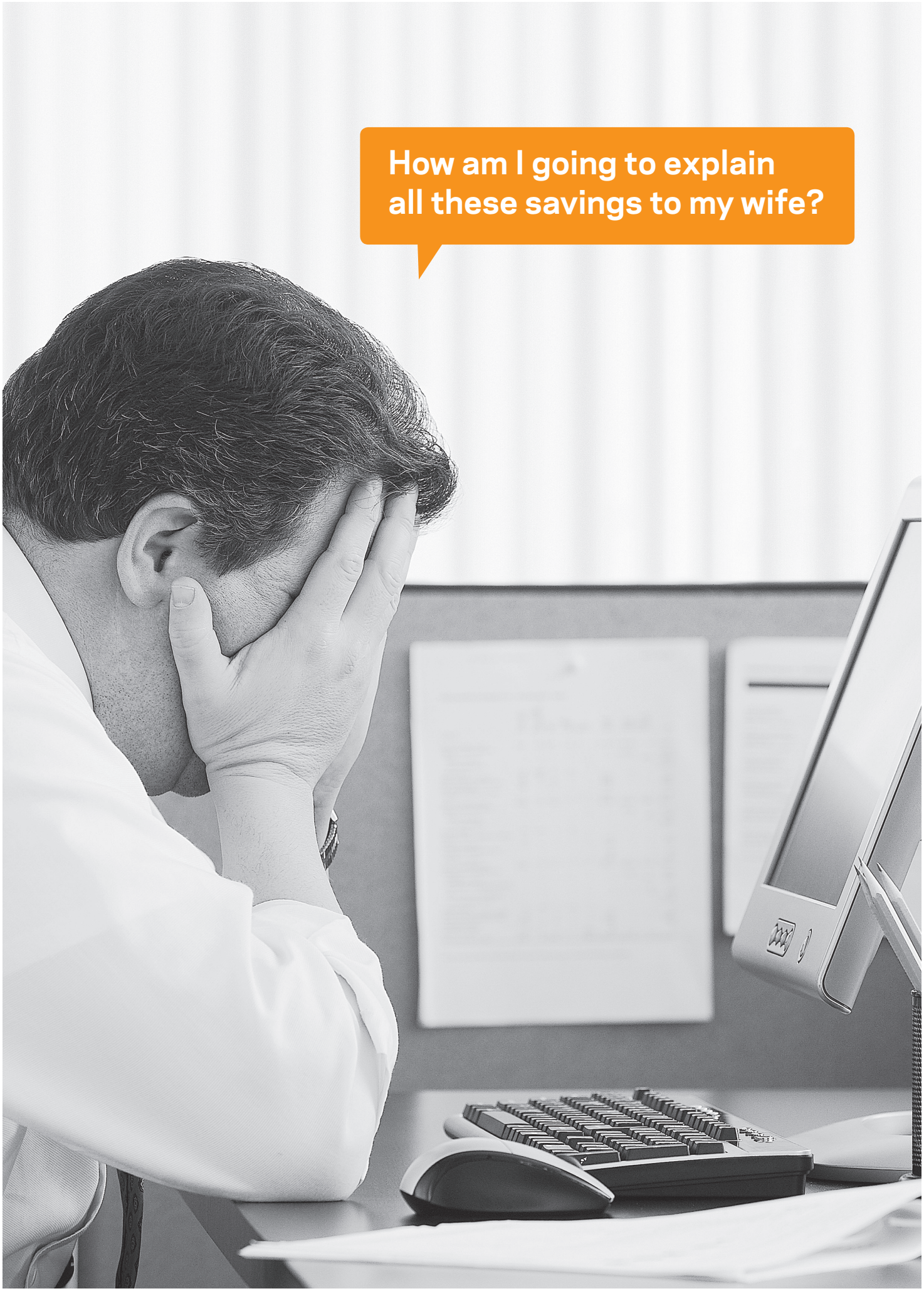
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Small-town charm

What's next for Gabrielle Miller now that the Ruby Café is closed

By **AMANDA SIDDALL**
Contributing Writer

Lacey Burrows can serve up a mean Ruby Club, but off the set of Corner Gas you won't find Gabrielle Miller tucking into that irresistible carnivore-carb staple. "I probably couldn't even make that sandwich. It has meat in it, and I'm a vegan!" says the 35-year-old star, who has played Lacey on the popular comedy series for the past six seasons. Miller adds that she and her on-screen character have few traits in common. The chatty Ruby Café owner — a big-city outsider who landed in small-town Dog River, Sask. — is neurotic and self-conscious, whereas the Vancouver-born Miller is charmingly calm and friendly. "My husband loves the show, but he says that he could never date Lacey," she says, laughing. "I loved that I got to be part of something that made such an impact on Canadian television," she says. "I feel like we had an incredible journey, but it was time to say farewell." She's not sure what her next creative adventure will be, but she and Janet Wright (who plays Emma on the show) have talked about doing theatre together. "I want to take time to think about what to do next," she says. "I love design — especially fashion. But I'm not that good, so I doubt I'll be making any career moves!"

Editors' Pick

BRIGHT IDEA

Give the bling a break. Nail polish is the cheapest accessory and an easy way to stay on trend, says Ji Baek, owner of Rescue Beauty Lounge in New York. And, this summer, it's all about rainbow-bright lacquer. For a pulled-together look, Baek suggests using the same shade on your fingers and toes and keeping your wardrobe neutral. "Pairing bold polish with bright clothes will make you look like a tropical bird."

From top: Essie Nail Polish in Perky Purple ($11); Zoya Professional Lacquer in Pippa Ultra Bright ($9.95); Rescue Beauty Lounge Nail Polish in Coral ($18)

RUNWAY HITS

Leather clutch, John Fluevog ($239, fluevog.com

Print silk dress, Kensie Dresses ($148, kensie.com) and leather belt, Brave ($80, braveleather.com)

Multi-strand glass-bead necklace, Rosemary Hedges ($50, 514-937-7045)

Leather and fabric platform sandals, Chinese Laundry ($100, 1-800-784-4750)

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Food

Quinoa can be added to stews and soups (it thickens it up), or as an alternative to oatmeal — just add honey, nuts or berries, as desired.

BARB HOLLAND/FOR METRO CANADA

Storing

Store quinoa in a glass or plastic container in a cool, dry dark place. Ideally stored, it should stay fresh for up to one year.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

All hail the super crop

À la carte

Barb Holland

metronews.ca/alacarte

Quinoa may seem like a new grain, but in fact it was a staple of the ancient Incas. Pronounced keen-wah, it is so high in protein — 13 per cent — that the United Nations classified it as a super crop. It has more protein than any other grain and all eight essential amino acids. It is also higher in unsaturated fats, lower in carbohydrates than most grains and high in fibre.

Aside from its fab health properties, it is easy and quick to cook and has a light, fluffy texture with a mild, slightly nutty flavour. What's not to like?

Quinoa and Vegetable Salad

Makes four to six servings.

BARB HOLLAND/FOR METRO CANADA

The protein in quinoa along with the cheese and nuts, if using, makes this an ideal vegetarian dish.

INGREDIENTS:

- 1 cup (250 ml) quinoa, well rinsed (as per package)
- 2 cups (500 ml) water or broth
- Pinch salt
- 1/4 cup (60 ml) olive oil
- 2 tbsp (30 ml) fresh lemon juice
- 1 clove garlic, minced
- 1/2 tsp (2 ml) each: dried oregano leaves and salt
- 1/4 tsp (1 ml) pepper
- 1/2 lb (250 g) cooked asparagus* (grilled or steamed), cut into 1 inch (2.5 cm) pieces
- 1 red or yellow pepper, diced
- 3 to 4 green onions, sliced
- 1 cup (250 ml) halved cherry tomatoes
- 1/2 cup (125 ml) crumbled feta cheese
- 1/3 cup (75 ml) toasted walnuts or pecan halves, optional

METHOD:

Place quinoa in a medium saucepan with water and salt or broth; bring to boil. Reduce heat, cover and simmer 15 minutes or until tender. If necessary, drain off any liquid. Transfer to large bowl and fluff with a fork.

Meanwhile whisk oil, lemon juice, garlic, oregano, salt and pepper together. Prepare vegetables.

Add vegetables to quinoa, pour dressing over all and toss well. Sprinkle with feta cheese and nuts just before serving.

* Use a seasonal vegetable when asparagus is not in season, green or yellow wax beans, broccoli, etc.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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Liquid**Assets**

Peter Rockwell

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Don't cry for me, Argentina

Visiting a wine producing country for the first time is a lot like finally meeting a celebrity you're crazy about.

What you hope against hope is that they'll live up to your expectations in person. Well, after a week in Argentina last month I can officially tell you that the land of red wine (and whites too), red meat and amazing empanadas more than lives up to its liquid reputation.

The province of Mendoza is ground zero for great vino. There malbec is king and tasting a series of wines with Daniel Pi — chief winemaker for Trapiche —brought that fact home loud and clear. If you don't know the grape **Trapiche's 2007 Malbec ($8.85 - $11.99)** is the place to start. Not too spicy or juicy; its ripe core of bright black fruit is easy to drink and barbecue-friendly.

One of the most original wines I tried came from the minds at Masi. The Italian wine producer set up shop in Mendoza's Tupungato Valley to blend malbec with corvina (a grape originally from Italy's Veneto region). The resulting **Masi Tupungato 2007 Passo Doble ($13.95 - $17.99)** is a beef-loving, new wave South American with Old World roots.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Merlin's mixing tips

Merlin Griffiths, master mixologist and Bombay Sapphire global brand ambassador, has travelled the world perfecting his craft and educating consumers and professional bartenders alike on the art of mixology. He offers the following tips to take your cocktails from good to great.

Merline Griffiths, Bombay Sapphire global brand ambassador, demonstrates his mixing techniques at a recent event in Toronto.

• Don't be afraid to keep it simple — using too many flavours will confuse your taste buds. As a general rule, never use more than four ingredients in a cocktail. Not only will they be easier to make but also the flavours of your spirit and your key ingredients will shine through.
• Don't forget ice — and plenty of it. Remove the ice from the freezer five minutes before use to avoid the ice from being too cold which will make it become brittle and sticky.
• Citrus twists will stay intact in ice water.
• Zests and sliced citrus fruits need storing in an airtight container in a cool place.
• Whole tropical fruits, like pineapple, are best stored at room temperature.
• Soft fruits and berries slice easier when cold.
• Keep all prepared garnishes chilled in airtight containers until needed.
• Remove from the fridge in portions to keep fruit fresh all evening.
• To ensure a complete bar kit, add the following tools to your barware: A sharp fruit knife and cutting board, cocktail measure (shot glass/jigger) and a long handled spoon. Nice extras include a citrus press/juicer, slim rolling pin or "muddler" for crushing fruit and a medium tea strainer for straining fruit pulp.
• Many are familiar with the three-piece shaker featuring the tin base, a cap with a built-in strainer and the top to close it while shaking. Although it does the job, most professional bartenders prefer the two-piece version — called the Boston shaker. It includes a glass which allows you to see the ingredients and quantities and a metal tin to give more space to shake the ingredients.

For more information and Merlin's demonstrations on shakers, garnishes and mixing premium Bombay Sapphire cocktails, visit bombaysapphire.com.

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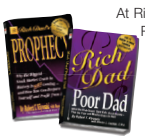

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Robert Kiyosaki will not attend this workshop.

Apple Cider made me lose 16 pounds!

Monique was looking for a healthy way to lose weight and tried Apple Cider 600. She lost 16 pounds in 6 weeks!

"I work night shifts in the health care sector. It's a hard schedule and it made me gain a lot of weight - about 25 pounds. Even if I exercised, I never lost weight. Especially my legs felt very heavy. It was frustrating!

My local pharmacy advised me to take Apple Cider 600, in order to lose fat and retained water. I bought a few boxes and started the diet."

I finally lost weight from my legs!

"Apple Cider 600 worked great. After 6 weeks my weight went from 153 lbs to 137 lbs. And I finally lost weight from my legs – lots of weight! I didn't exercise but I was not snacking and I did drink a lot of water, as recommended.

I highly recommend Apple Cider 600 to anyone who would like to lose weight safely. This product works! I am thrilled with my new body!"

Monique, Quebec City

ARE YOU RETAINING WATER?	YES	NO
My body feels heavy and puffy	■	■
I love especially salty snacks	■	■
My joints feel swollen	■	■
I have cellulite	■	■
My clothes are tight	■	■
I don't drink enough water	■	■

These are some clues that your body is retaining more than usual amounts of water. Cut your salt intake and try Apple Cider 600 as a solution!

SO HOW CAN APPLE CIDER 600 HELP?

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Pink, Hart renew vows

In Touch previously reported, since reuniting earlier this year, Pink and Carey Hart have been planning to renew their wedding vows. And on Saturday that's exactly what they did. INTOUCHWEEKLY.COM

Entertainment

Gossip dance

Gossip Girl hottie Chace Crawford will be kicking off his Sunday shoes in the remake of Footloose, stepping into the void left behind when Zac Efron dropped out, Paramount Pictures has confirmed. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Eminem's rap Relapse

UNIVERSAL MUSIC PHOTO

Eminem pushes his wordplay and ultraviolent persona to the limit on Relapse, his first new album in five years.

Eminem

Album: Relapse
Label: Interscope/Universal
Rating: ●●●½

AS SOON AS RELAPSE'S first official single hit the airwaves, it was clear that Eminem was trying a little too hard. We Made You, with it's carnival beat, frantic flow and aimless C-list targeting, was a desperate-sounding entry to his first album in five years. Fortunately, it's the worst song on Relapse, an album that finds Slim Shady pushing his wordplay and ultraviolent persona to the limit over fiery Dr. Dre production. While the work is obvious, Relapse is much more satisfying than his last album Encore, where he didn't try at all.

Jason Richards/for Metro Canada

Sunparlour Players

Album: Wave North
Label: Outside
Rating: ●●●●

THE SUNPARLOUR PLAYERS succeed where so many other folk revivalists fail, finding poetry in their own backyard. They plow the fields of southwestern Ontario and comb the north shores of Lake Erie for stories of universal texture. There is an honesty to these 13 songs that is irresistible. A gentle banjo strum gives way to the urgency of a marching drum. There's danger up ahead and Andrew Penner's beguiling voice serves up a warning cry. Playing dark but delicate rhythms on a multitude of instruments, bandmates Dennis Van Dine and Michael Rosenthal add a Stephen King sense of pace. The song Battle of '77 has all the hallmarks of a classic.

Graham Rockingham/for Metro Canada

Steve Earle

Album: Townes
Label: New West Records
Rating: ●●●

STEVE EARL DOESN'T have to prove himself anymore. He can do whatever he pleases. So if he wants to release an album of Townes Van Zandt covers, he can go right ahead and do it. Townes is one of those great American songwriting tragedies. Whiskey, drugs and mania. Died before his genius got the recognition it deserved. Earle was about as close as anybody got to Townes, even named his son after him. So who better to cover Townes than Earle? Some will say the song selection could have been better. Some will say Earle's voice fails to do the lyrics justice. It's true this album probably won't serve to make the songs of Townes any more popular than they already are. But that's not what this album is about. It's a labour of love, by a guy who can do whatever he pleases.

Graham Rockingham/for Metro Canada

Method Man and Redman

Album: Blackout! 2
Label: Def Jam
Rating: ●●●

THIS ONE'S AIMED squarely at rap fans who reminisce about Primo and the RZA; about a time when two hyper-kinetic cartoon heads puffed blunts and traded raspy rhymes over bass-heavy party beats. Blackout! ingredients are here — guest raps by Erick Sermon and Keith Murray, clouds of cheeba smoke, goofy humour, point-counterpoint rhymes and soul samples. Sure, Mef and Red's references might be a bit stale (Amistad, Vince Vaughn, Liu Kang from Mortal Kombat). but their verses still snap, and they make concessions: UGK's Bun B, glitchy production, a vocoder. The best tracks (A-Yo; Four Minutes to Lockdown; Dangerous McCees) run on '90s charm. These are songs for late night car window roll-up sessions.

Rob McMahon/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

White Rabbits

Album: It's Frightening
Label: TBD/MapleMusic
Rating: ●●●

DRIVING ROCK MADE this sextet the must-see band of 2007, so it's a bit of a surprise to see the group tone things down here. While there's still some amped-up tracks — namely the disc opener Percussion Gun — there's also a number of softer grooves. The more relaxed tunes, like The Salesman, are actually the highlights here, proving that the band has more than fuzzy guitars and piano pop in its arsenal.

Bryan Borzykowski/for Metro Canada

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Ono holding haiku contest

John Lennon's widow Yoko Ono is sharing her Japanese heritage with the people of London. She will be judging a contest in which Londoners have been challenged to write a haiku about the British summer, and post it on their Twitter accounts by Friday. FEMALEFIRST.CO.UK

Closer to damnation

Terminator Salvation
Director: McG
Stars: Christian Bale, Anton Yelchin
Classification: 14A
Rating:

CHRIS ALEXANDER
for Metro Canada

For all its impressively spine-shaking stereo sound and grim, digitally goosed fury, Terminator Salvation is just another hollow and harmless serving of mealy Hollywood pabulum, gleefully homogenizing the ideas forged in James Cameron's iconic 1984 original and making even the tepid Terminator 3 look like something Isaac Asimov penned by comparison.

In this unwanted and perfunctory prequel/sequel slog, the robot apocalypse's chief adversary, resistance leader John Connor (Christian Bale) is trying to find his would be teenage father Kyle Reese (Anton Yelchin) before the evil cybernetic empire called Skynet erases him, thus eliminating Connor's existence.

Confused? Not as confused as supposedly executed death row prisoner Marcus Wright (Sam Worthington, who's very good in an underwritten role) who literally wakes up after a nuclear blast and spends much of the movie's running time stumbling about the desert evading android annihilation.

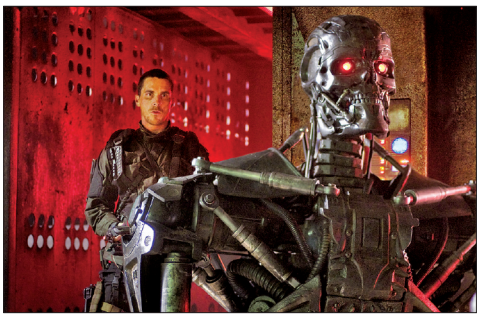
Director McG brings much of the rock video informed razzle dazzle he slathered on the Charlie's Angels movies and there are a few borderline brilliant action set pieces, including a giant robot human harvester sequence straight out of War of the Worlds and a crowd pleasing bit where former Terminator poster boy Arnold Schwarzenegger makes a CGI-tweaked appearance.

On the web

- For a Terminator Salvation trailer, photos and screen times, or to buy tickets, visit metronews.ca/movies.

The film also has a nice, bleak, arid and burnt out look that, in some of Worthington's scenes, even recalls vintage Sergio Leone spaghetti western.

But Bale is thoroughly wasted, the script is formless, joyless garble, the violence is tame and the undercooked themes of man vs. machine were perfected in the otherwise imperfect Matrix movies.



Christian Bale stars in Terminator Salvation.

Thursday screen times for Terminator Salvation

- **DOWNTOWN:** Market Square, 1:30-4:10-6:50-9:10; Yonge-Eglinton Centre, 12:20-1:20-3:30-4:15-6:45-7:20-9:35-10:05; Yonge & Dundas 24, 12:30-1-1:30-2-2:30-3-3:30-4-4:30-5:15-6-6:30-7-7:30-8:15-9-9:45-10:15-10:45-11:15.
- **WEST END:** Queensway, 12:15-12:45-1:15-3:25-3:55-4:25-6:45-7:15-7:45-9:45-10:15-10:45; Woodbine Centre, 1:10-4:10-6:55-9:30.
- **EAST END:** Beach Cinemas, 7:20-10:10.
- **NORTH YORK:** Empress Walk, 4:15-4:45-7:15-7:45-10-10:30; SilverCity Yorkdale 6, 12:30-1:30-3:30-4:30-6:50-7:30-9:45-10:30; Silvercity Fairview, 12:15-1-3-4:20-6:45-7:30-9:45-10:20.
- **SCARBOROUGH:** Coliseum Scarborough, 12:10-12:40-1:15-3:10-3:40-4:15-6:30-7:20-9:40-10:10:20; Eglinton Town Centre, 3:30-4:10-4:50-6:30-7:10-7:40-9:30-10-10:30.
- **PEEL REGION:** Coliseum 10, 3:55-4:15-6:50-7:20-9:45-10:20; Courtney Park 16, 1:05-1:35-3:35-4:05-4:35-6:40-7:10-7:40-9:40-10:10-10:40
- **NORTH:** 5 Drive-In, 9:05; Aurora Cinemas, 6:50-7:40-9:50-10:30; Colossus 19, 12:40-1:10-1:40-3:40-4:10-4:40-6:50-7:20-7:50-10-10:30-11; Elgin Mills 10, 5:40-6:30-8:20-9; SilverCity Newmarket, 7:05-7:35-9:45-10:25; SilverCity Richmond Hill, 3:45-4:30-6:50-7:40-9:45-10:30.
- **HALTON:** SilverCity Burlington 8, 7-7:20-9:50-10:20; SilverCity Oakville, 6:55-7:30-9:55-10:30; SilverCity Brampton, 6:45-7:30-9:50-10:30; Winston Churchill, 12-12:40-1:20-1:40-2-2:40-3:30-4:10-4:30-4:50-5:30-6:30-7:10-7:30-7:50-8:30-9:20-10-10:20-10:40-11:20.
- **DURHAM:** Ajax, 6:50-7:10-9:50-10:20; Pickering 8, 5:15-8:15; Whitby 24, 12-1:20-2-2:40-4:10-4:50-5:30-7:10-7:50-8:30-10-10:40.

Times are subject to change. Complete listings are also available at metronews.ca/movies

Allen takes American Idol crown

TV Folksy singer Kris Allen is the new "American Idol," turning judges' favourite Adam Lambert into an also-ran.

Host Ryan Seacrest said on last night's finale that nearly 100 million votes were cast for the finalists.

Kris Allen

The 23-year-old Allen, a student from Conway, Ark., bested the 27-year-old Lambert, a theatre actor from San Diego.

The two-hour finale included performances by the Black Eyed Peas, Cyndi Lauper, Carlos Santana and Rod Stewart. Lambert performed with Kiss and Allen dueted with Keith Urban.

Before the winner was announced, the two finalists dueted on "We are the Champions" with the surviving members of Queen.

As the winner, Allen gets a major-label recording contract along with his "American Idol" title.

THE ASSOCIATED PRESS

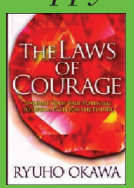
Another Slumdog star loses home

DEMOLITION The shanty home of another Slumdog Millionaire child star was torn down by Mumbai authorities yesterday as they demolished part of a city slum where she lived.

Munni Qureshi — the stepmother of nine-year-old Rubina Ali, who portrayed a young Latika, the Oscar-winning film's heroine — said her husband was beaten severely by police who were supervising the demolition.

THE ASSOCIATED PRESS

Happy Science



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Miley's mad
Miley Cyrus has hit back at those who called her fat because of her "jiggling thighs," Digital Spy reports. "Talk all you want. I have my flaws. I'm a normal girl, there's things about my body I would change but stop with calling me fat," she wrote. FEMALEFIRST.CO.UK

Comedy, CGI on display in Museum sequel

STEVE GOW
for Metro Canada

Movie **feature**

When Night at the Museum hit theatres in 2006, there was little pressure on Shawn Levy.

Sure, the Montreal-born director expected his movie to do well (Ben Stiller had a decent track record after all) but he never would've predicted the comedy would pull in nearly $575 million US worldwide.

So when Levy was approached to make the blockbuster's highly-anticipated sequel, he naturally felt a twinge of anxiety.

"It was daunting because there was so much goodwill towards the first movie and we only wanted to make a sequel if we could make it better than the first," said Levy over the phone from a Hollywood soundstage. "In that regard, the pressure was self-inflicted. Ben and I wanted to make a movie that was not just bigger but actually better."

As such, Night at the Museum: Battle of the Smithsonian was born. In theatres tomorrow, the sequel finds ex-guard Larry Daley (Stiller) keeping tabs on the nocturnally-resurrected museum artifacts when they get shipped to the Smithsonian and face an ancient evil pharaoh (Hank Azaria).

"Part of (the key to success) was setting the movie at the biggest museum in the world (where we were) guaranteed an escalation of scale," said Levy.

But Battle of the Smithsonian would be nowhere without its indulgence in computer effects as well. The comedy relies on a massive amount of CGI, animating everything from a Teddy Roosevelt bust to the Abe Lincoln Memorial.

"The daily challenge of being the director of this movie is keeping the balance right between comedy and CGI and understanding the comedy comes first every time." CGI created other challenges as well. Since Stiller is not a fan of working opposite non-existent characters, scenes that involved conversations with computer-generated objects became tricky. But Levy found a way around it.

"Every time Ben acted with a (computer-generated) character, I played the character," admitted Levy.

Ben Stiller, left, and Hank Azaria in Night at the Museum: Battle of the Smithsonian.

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Torn gets probation

Actor Rip Torn has been given probation in an impaired driving case. The 78-year-old was approved for admission into an alcohol education program. THE ASSOCIATED PRESS

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Into the groove

Dance show finalists savouring fame

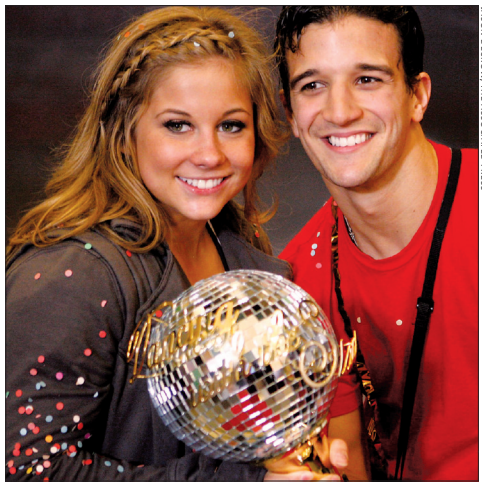
Now that the Dancing With the Stars mirror-ball trophy has been awarded, the show's three finalists are looking to the future.

Olympic gymnast Shawn Johnson, the show's youngest competitor ever at 17, was named the new Dancing champ Tuesday, beating out fellow finalists Gilles Marini and Melissa Rycroft. But with the show's 20 million weekly viewers, all three are enjoying newfound popularity.

"This has given me so many opportunities," Johnson said. "It opened up a whole new world that I've never even known about. It's just been the best experience ever."

Johnson has already taken on her next project, but her publicist declined to say what exactly the high school junior will do next.

Marini, a French actor best known for his shower scene in the Sex and the City movie, said job offers have been pouring in, but that's not why he signed up for the ABC dance-off.



JASON DECROW/THE ASSOCIATED PRESS

Olympic gymnast Shawn Johnson and her Dancing With The Stars partner Mark Ballas pose with the winning trophy during their Good Morning America appearance yesterday in New York.

"I really did the show toward seeing my daughter twirling around in a tutu. I thought she might like to see her daddy dancing on a big stage like that," he said.

The 33-year-old said he "turned down so many parts" during his 11 weeks of Dancing.

Rycroft has more short-term plans. "I'm going home," said the native Texan. THE ASSOCIATED PRESS

Rollover linked to bounty hunter

CRASH Police in Colorado say a driver being followed by bounty hunter Duane (Dog) Chapman during filming for his reality TV show was involved in a rollover crash. Colorado Springs police say Chapman's daughter called them to say the man was trapped inside the vehicle yesterday. THE ASSOCIATED PRESS

In brief

AWARD Kids in the Hall member Mark McKinney has been named the latest recipient of the CTV Sir Peter Ustinov Award. McKinney will be presented with the honour at the Banff World Television Festival on June 8. THE CANADIAN PRESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

5/21/09

TO

	Vu	SC		C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2	TVO	Failed Inventions		The Agenda With Steve Paikin		The Children (Part 3 of 3)		*True Meaning of Pictures*		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Heartland" (HDTV)		The Office	The Office	Harper's Island (N)		News
	215	343	4	OMN1	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	NHL Hockey Playoffs -- Teams TBA. (HDTV) (Live)						CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Ugly Betty "Curveball; The Fall Issue" (N)				Privileged		News (N)
	212	313	8	CTV	etalk	Hollywood	So You Think You Can Dance Dancers audition. (N)				Southland "Derailed" (N)		News (N)
	218	345	11	E!	The Insider (N)	E! News	Name Is Earl	Soup Presents	The E! True Hollywood Story		Terminator: THS		News (N)
	137	763	13	TFO	Panorama		Territoires		*Le Journal d'un curé de campagne* ★★★ (1950, Drame)				Volt
	-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	Smallville "Bride"		Supernatural (HDTV)		To Serve and Protect		Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Heartland" (HDTV)		CSI: Crime Scene Invstgtn.		(10:01) Flashpoint		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Name Is Earl	30 Rock	The Office	30 Rock	Southland "Derailed" (N)		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty "Curveball; The Fall Issue" (N)				Grey's Anatomy		News (N)
	219	346	20	ACH-B	The Road to Avonlea		Old Christine	Old Christine	Grey's Anatomy		(10:01) Flashpoint		News (N)
	-	-	28	FOX	Judge Judy	Two/Half Men	So You Think You Can Dance Dancers audition. (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	My Hero	Doc Martin		Britography (DVS)		MI-5		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Smallville "Bride"		Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Smallville
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360		Cooper 360
	509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		Cruise Inc: Big Money		On the Money		Mad Money
sports	405	417	22	net	CHL Hockey MasterCard Memorial Cup Tie-breaker -- Teams TBA. From Rimouski, Que.						Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey	Interruption	E:60 (N)		NBA Basketball Western Conference Final Game 2 -- Teams TBA.				
	411	457	58	OLN	Bounty Hunter	Bounty Hunter	Departures		Mantracker		Bounty Hunter	Bounty Hunter	Departures
	417	406	81	SC	NASCAR Racing Sprint Cup -- Coca-Cola 600 Qualifying. (HDTV) (Live)					Wrecked (N)	Wrecked (N)	Wrecked	Pimp My Ride
family	551	542	25	YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	*Sky Captain and the World of Tomorrow* ★★★ (2004)			
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	Love It-List It	House
	570	580	29	MM	One Tree Hill		Technical Diff.	Technical Diff.	Daddy's Girls	Degrassi: TNG	Hooking Up	Green Day	One Tree Hill
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Crime 360 (N)		The First 48
	700	800	35	TLN	Centrovetrine	Sky TG 24	Io e Mamma (Italian).				Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		MuchMoreMusicOnStage		Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Shaye: This Is It		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country
	616	521	39	SHO	The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*American Pie 2* ★★ (2001, Comedy)		
	620	523	40	BVO	Storytellers	Snapshot	Bathroom Divas-Opera Star		*Treed Murray* ★★ (2001, Drama) David Hewlett.				Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	X-Weighted "Amy"		X-Weighted		X-Weighted "Jamila"		ET Canada
	522	506	43	HIS	NCIS "Lost & Found"		Ancient Discoveries		Go Deep "Earthrace"		NCIS "Lost & Found"		Marine Mach.
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	Extreme Wind	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Holmes in New Orleans		Disaster DIY	Big Amazing	House Hunters	House Hunters	HolmesOrleans
	294	529	47	TBS	House-Payne	House-Payne	Friends	Friends	Friends	Friends	*Scream* ★★★ (1996, Horror)		
	576	582	49	BET	106 & Park	Bull Big Tune	*New Jack City* ★★★ (1991, Crime Drama), Ice-T				College Hill	College Hill	*New Jack City*
	627	528	50	SPC	Stormworld	Terminator	Star Trek: Voyager		*The Scorpion King* ★★ (2002, Adventure) The Rock.				Stargate SG-1
	581	566	52	MTV	Room Raiders	After	MTV News	Cribs	The Hills	After Show	True Life		MTV Live
	618	524	54	TROP	Vanity Insanity	Inside Hollywood (DVS)		Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56	FOOD	Chef at Home	Exotic	Restaurant Makeover		Jamie's School Dinners		Ace of Cakes	Ace of Cakes	Chef Abroad
	261	394	60	V	Murder, She Wrote		Wait for God	'Allo, 'Allo!	*Bonnie and Clyde: The True Story* ★★ (1992, Drama)				Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	American Idol Extra (N)		The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101	TVA	Dépenses xtr	Marché	Dr. House (HDTV) (SC)		Destination Nor'Ouest (SC)		TVA 22 heures	Sucré-salé	*Reine-damnés*
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Most Haunted		Most Haunted		Passion	Homicide File	Psychic Inv.
	300	601	301	M1	(7:15) *Summer House* (2008, Suspense) Lindsay Price.				*American Teen* ★★★ (2008, Documentary) Premiere.				*Midnight Kiss*
	305	612	306	PIX	*Post Concuss*	*The Quick Gun* ★★ (1964, Western)			*Top Gun* ★★★ (1986, Adventure) Tom Cruise.				*Tunnel*

critics'corner

Southland

Officers Cooper. Sherman, Brown and Dewey (Michael Cudlitz, Ben McKenzie, Arija Bareikis, C. Thomas Howell) find a dead gang member in the trunk of a car outside Dodger Stadium. Detective Bryant (Shawn Hatosy) asks Lydia (Regina King) to take in Janilla (guest star Carla Jeffrey). The rift between Detective Salinger (Michael McGrady) and his daughter grows in the season finale, "Derailed." 10 PM on CTV

So You Think You Can Dance

Contestants — some of them with no formal training — go through a grueling series of challenges as they compete against each other for the title of America's favorite dancer, as the hit competitive reality series returns for its fifth season with host Cat Deeley and judges Nigel Lythgoe and Mary Murphy. At stake: a $250,000 cash prize and national exposure that could lead to professional job offers. 8 PM on FOX

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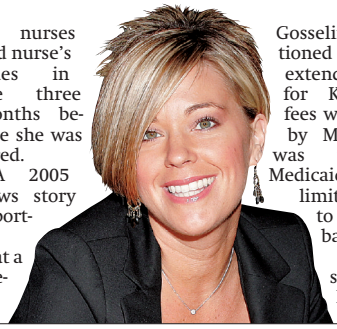
Former bodyguard suing Britney
Britney Spears' former bodyguard filed a lawsuit against the pop star. According to court documents, Kerry Vine claims he sustained physical injuries while working at her former home at the Summit in Beverly Hills in March 2008. USMAGAZINE.COM

Celebrity Buzz

Ex-nanny dishes on Kate's mean streak

DON'T ASK FOR A REFERENCE The new issue of Us Weekly reports that Jon & Kate mom Kate Gosselin — known for being short with her husband, Jon Gosselin — is even more combative with her family and employees.

Baby nurse Angela Krall, who watched the sextuplets as infants for more than a year, tells Us that the short-fused Kate fired 40 nurses and nurse's aides in the three months before she was hired.



A 2005 news story reported that a pre-TV Gosselin had petitioned the state to extend payments for Krall, whose fees were first paid by Medicaid (Jon was unemployed; Medicaid provides limited assistance to premature babies).

While Gosselin praised Krall in the same story, Krall reveals that the mother posted "demeaning" signs in every room detailing rules, and fired one woman on the spot for washing her hands in the kitchen instead of the bathroom. "Kate flipped," says Krall. "She thought it was cross-contamination."

That level of perfectionism also created friction with her father, Kenton Kreider, a pastor, after he gave her cribs donated by his parishioners, the magazine adds. "They didn't match and Kate rejected them," says a family source. "Things like that caused a rift." Krall, who says all six babies ended up with matching cribs, tells Us that Gosselin "thought they were owed stuff. The money factor was huge."

METRO WORLD NEWS

SJP slams surrogate gossip

MOTHERHOOD Sarah Jessica Parker says the surrogate mom carrying the actress' twins is a strong woman who made "an incredibly generous and gracious choice," people.com reports.

But Parker now worries that this strength is being put to too much of a test from the media attention following the announcement that the Sex and the City star and husband Matthew Broderick are expecting twin girls.

"On a daily basis, on an hourly basis, I am greatly concerned for her health and safety and the safe delivery of our children," Parker, 44, told Access Hollywood in an interview airing Tuesday.

Parker alleges that the surrogate, along with her friends and family, have been threatened and harassed by the tabloid media. "Obviously there are those (who) don't care about her, or her health, or safety, or my children's health and safety."

METRO NEWS SERVICES

Justin and Drew house hunting?

MOVING IN On-again, off-again couple Drew Barrymore and Justin Long appear to be back on — so much so that they're reportedly moving in together. The pair was spotted checking out real estate together recently.

"Drew wants to live with Justin in a sort of trial marriage, so that's why she's looking for a new home," a source tells In Touch Weekly. "They are together, but they want everyone to think they're just friends now. They're so close, Drew even wears his clothes (outside) during the day."

METRO WORLD NEWS

Mom defends Mel's girlfriend

MOM'S DUTY Lyudmila Chernukha, a retired Russian music teacher whose daughter Oksana Grigorieva is dating Mel Gibson, denies Grigorieva broke up the actor's marriage, but remains mum on rumours the pair are expecting a child, people.com reports.

"I can't say anything," Chernukha, speaking in Russian, told People exclusively from her home outside of Moscow. "Wait for the official statement from them."

Chernukha said Grigorieva — a singer signed to Gibson's record label — started seeing him well after the actor and his wife separated, which the mother says happened in 2006.

"He split up with his wife three years ago, so to suggest that she has broken up their marriage is rubbish," she says. "He was no longer with his wife so he was bound to meet some woman at some point, it just happened to be Oksana."

METRO NEWS SERVICES

Amy back to her old ways?

NO CHANGE Amy Winehouse was rushed to hospital after partying with friends, femalefirst.co.uk reports.

The troubled singer — who is currently staying in St. Lucia while she writes her third album — was reportedly taken to a medical facility by ambulance and received emergency medical treatment after a wild night of drinking on Friday.

Winehouse was discharged later that evening, but friends of the star believe her deteriorating health may jeopardize her scheduled U.K. show at London's Shepherd's Bush Empire at the end of the month.

A source told Britain's The Sun newspaper: "Amy's concert might as well be cancelled now. She's not going to make it. It's not worth her while even if she does make it, it will be a shambles. She is not ready for it."

METRO NEWS SERVICES

My good looks hold me back, Jessica says

PROBLEMS WE'D LIKE TO HAVE Jessica Biel blames her good looks for holding her back as an actress. "It really is a problem. I have to be blunt," she tells Allure magazine.

She says some casting directors don't bring her in because she is so pretty. "If you don't like the audition, then don't hire me. But if you don't even want to see me — that's hurtful," she says.

"Yes, The Illusionist has made a difference — but a huge, massive difference, so I can pick and choose what I want? No."

METRO WORLD NEWS

GETTY IMAGES

T.I.'s time in jail may be cut short

TIME SERVED Rapper T.I. is set to turn himself over to authorities in Arkansas next week, but he may end up serving only a fraction of his scheduled year-and-a-day jail term.

T.I. will most likely only spend two months behind bars since he will be given credit for having already served 305 days on house arrest and community service. The rapper was convicted last year on federal weapons charges.

METRO WORLD NEWS

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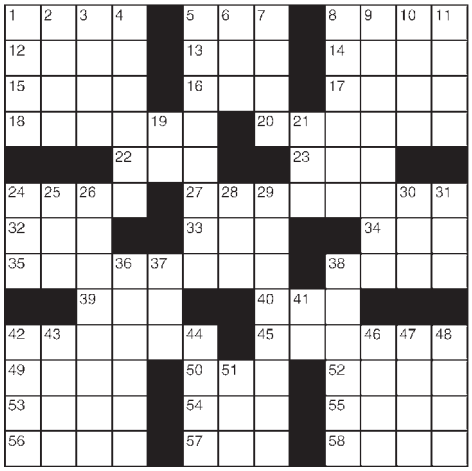

Crossword across

1 Hammerhead part
5 Pina colada ingredient
8 Mosque bigwig
12 Dalai —
13 401(k) alternative
14 Unaltered
15 Elliptical
16 Showbiz job
17 Mothers and daughters
18 Mexico's national flower
20 Big lizard
22 Young newt
23 Apiece
24 Bit of banter
27 Marching along
32 Khan title
33 Actress Vardalos
34 Central point
35 Unsteady
38 Lettuce variety
39 Exist
40 Shock partner
42 Manor
45 At hand
49 Grand story
50 "— Blue?"
52 Home for hippos
53 Unrivaled
54 Skedaddled
55 Part of the loop
56 Use a wooden spoon
57 Architect I.M.
58 Early birds?

Crossword down

1 Nitwit
2 Stromboli spillage
3 Asian nursemaid
4 Billfold
5 Tubular pasta
6 Swiss canton
7 Creche trio
8 Dispenser
9 Hindu royal
10 Congregational call
11 Small plateau
19 Kipling poem
21 Univ. transcript no.
24 Mandible
25 "I" trouble?
26 Gabriela of tennis fame
28 Diarist Anais
29 "24 Caprices for Solo Violin" composer
30 Fix the soundtrack
31 Recede
36 Tonic
37 Allow
38 Cap with a propeller
41 Lindbergh book
42 Morays
43 Location
44 O.K. Corral hero
46 Phone call?
47 Online journal
48 Longings
51 West of Hollywood

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1			8		9	7	
	9			6	3		4	
	6	2	9			1		
2	4			1				
1	7		2		5		6	9
				4			1	3
		5			7	6	2	
	8		3	2			9	
	2	1		5			8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	7	2	6	3	8	4	5	9
8	9	3	4	5	7	6	1	2
4	5	6	2	9	1	3	7	8
6	3	7	9	1	4	8	2	5
5	1	8	3	6	2	9	4	7
9	2	4	8	7	5	1	3	6
3	8	1	7	2	9	5	6	4
7	4	5	1	8	6	2	9	3
2	6	9	5	4	3	7	8	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Fish Steaks Teriyaki

INGREDIENTS:

4 fresh or frozen and thawed halibut steaks
1/4 cup (50 ml) water
1/4 cup (50 ml low-sodium soy sauce
1/4 cup (50 ml) dry sherry or low-sodium chicken broth
1 tbsp (15 ml) sugar
2 tsp (10 ml) dry mustard
1 tsp (5 ml) ground ginger
3 cloves garlic, minced

METHOD:

1. Rinse fish and pat dry. For marinade: In jar with tight-fitting lid, combine water, soy sauce, dry sherry, sugar, mustard, ginger and garlic. Cover; shake well. Pour marinade into large heavy-duty plastic bag. Add fish. Close bag. Refrigerate 2 to 3 hours, turning bag occasionally.
2. Preheat broiler. Drain fish, reserving marinade. Arrange fish on lightly greased rack of broiler pan. Brush fish with reserved marinade. Broil 5 in. (13 cm) from heat for 5 minutes. Using wide spatula, carefully turn fish over. Brush with reserved marinade. Broil 5 to 7 minutes more or until fish flakes when tested with fork.

SERVES 4

rd.ca

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Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Today's Mercury-Uranus link will encourage you to be inventive, but with Jupiter strong in your chart you mustn't get carried away with your brilliance.

TAURUS ♉
APRIL 21-MAY 21
If you stay calm and look for ways to turn unexpected events to your advantage, you will do well today.

GEMINI ♊
MAY 22-JUNE 21
Today something will knock you out of your stride. But it will also open your mind to new possibilities which could lead to a more interesting path.

CANCER ♋
JUNE 22-JULY 22
If you say or do something that betrays your negative feelings towards certain individuals, they will take it as a declaration of war — so be nice.

LEO ♌
JULY 23-AUG 23
Avoid making value judgments about family and friends today; you're likely to be wrong, and you'll encourage others to make judgments about you.

VIRGO ♍
AUG 24-SEPT 22
Someone in a position of power will make you an interesting offer but unless you're sure it's right one for you, it might be best not to commit yourself.

LIBRA ♎
SEPT 23-OCT 23
Don't wait to be offered something that you can take for yourself. At this time of year you can be a bit more forceful in your dealings with others.

SCORPIO ♏
OCT 24-NOV 22
Everything will work out for the best, even if a friend suggests that someone has turned against you. Does it matter? No it does not, so quit worrying.

SAGITTARIUS ♐
NOV 23-DEC 21
You'll be in a rebellious mood in the next 24 hours. There's no reason you should follow rules, but there's also no reason others should play fair with you.

CAPRICORN ♑
DEC 22-JAN 20
You may be a bit apprehensive at the moment but the planets indicate that if you go with the flow and trust your instincts, nothing bad will happen today.

AQUARIUS ♒
JAN 21-FEB 18
The Sun in Gemini at this time of year makes you even more adventurous than you normally are. Your can-do attitude will take you far.

PISCES ♓
FEB 19-MARCH 20
What you hear by way of gossip will intrigue you today, but with Mercury still moving retrograde you'd be wise to take it with a large pinch of salt.

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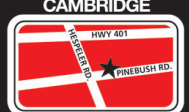

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Limited model shown

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GL with Sport Package model shown

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